SHOPPERS DRUG MART
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SEX, LIES AND SESAME STREET

MUPPETS KEEP GETTING DRAGGED INTO REAL-LIFE STORIES OF POLITICS AND SCANDAL. WHAT DO THEIR YOUNGEST FANS THINK? PAGE 38

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Police delay measures meant to address RACIAL PROFILING

Odion Fayalo of the Justice is NOT Colour-Blind campaign holds a banner during a protest against racial profiling outside police headquarters at 40 College St. on Wednesday. The Toronto police board has delayed issuing receipts for police checks. Story, page 3. RENE JOHNSTON/TORSTAR NEWS SERVICE

Tape throws a 'curveball' into libel trial

Toronto Sun. Recording turns up to clarify what Mayor Rob Ford told the newspaper's editors

The second day of a $6-million libel trial involving Rob Ford and the owner of Tuggs Inc., which runs the Boardwalk Pub, started with a "curveball."

An audio recording of an interview Ford had with the Toronto Sun's editorial board back in August 2010 — which resulted in the story that prompted the lawsuit — has been unearthed by a former editor at the paper.

The tape will clear up whether Ford's allegations of corruption were directed at Tuggs Inc. or city council. It also threw a wrench into scheduling plans.

The trial was initially slated to last four days, but the emergence of the tape means a Toronto Sun reporter probably won't have to take the stand. Ford's lawyer, Gavin Tighe, called it a "curveball."

This would have bumped up the mayor's testimony, except that Ford informed court he is unavailable Thursday afternoon.

Ford has refused to say why, but the mayor's high school football team has an important game at 2 p.m. in Scarborough.

Judge John Macdonald pressed for details, since extending into next week will affect other trials.

"Why can't we sit tomorrow afternoon?" Macdonald asked. "I'm able to make accommodations if accommodations are necessary. Why can't we sit tomorrow?"

Tighe simply said his client was unavailable. The word "football" was never spoken.

Both sides agreed Ford will take the stand Friday.

TORSTAR NEWS SERVICE

Generally speaking

U.S. President Barack Obama says there is no evidence that classified information was disclosed in the country's CIA sex scandal PAGE 10

Bye, bye birdie lawsuit

Birds are dying at Consilium Place highrise towers — but the property owners are not to blame, a provincial court has ruled PAGE 6

Team-building exercise

Blue Jays GM Alex Anthopoulos is making T.O. a contender for the first time since capturing back-to-back World Series titles in '92 and '93 PAGE 82

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Transit

15 minutes late, and it's free — unless GO is not to blame for delay

Fifteen minutes or your ride is free. That guarantee from GO Transit kicks in Thursday, qualifying train passengers who arrive at their destination more than 15 minutes late to receive a credit on their fare.

Like most guarantees, this one comes with fine print: the delay can't be due to extreme weather, police investigations, pedestrian incidents or passenger assistance alarms.

Although those might be the situations that stand out in commuters' minds, about 67 per cent of GO train delays over 15 minutes would actually qualify for the guarantee. Those late arrivals are commonly caused by mechanical or signal issues, or ice and snow accumulation along doors.

Presto fare card users will have seven days to collect their credit online. Other single-ticket, day pass and group pass users will have 24 hours to claim their credit at a ticket window.

GO expects it will spend about $1 million a year crediting passengers for late trains, but the number of delays has been declining in recent years. Some 94 per cent of trains have arrived on time this year, up from 87 per cent in 2008.

TORSTAR NEWS SERVICE

Starting Thursday, GO Transit may credit train passengers for service that is 15 minutes late.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Police board stalls on 'street check' receipts

Patrolling Toronto. Receipts put on hold for residents who are stopped and questioned by officers

The Toronto Police Services Board is rethinking how to issue receipts for "street checks" and have put them on hold until at least next month, despite the fact that the forms are already at the printers.

Police Chief Bill Blair told the board at a meeting Wednesday that the receipts had been ordered, surprising some members who expected to view them before they were finalized.

The board also went one step further, calling for a review of all the information that police ask for during "street checks," which is much more extensive than the information that Blair put on the receipt.

"I want to look at a complete overhaul and a review," said board vice-chair Coun. Michael Thompson. "That helps us to really provide better policing for the community."

The receipts are in response to several motions passed by the board in April after the Toronto Star ran Known to Police, a series which showed that blacks are 3.2 times more likely to be stopped and documented by the Toronto force than whites. In some police patrol zones, four times as many young black men are documented as the number census figures show actually live there.

Many civil rights organizations denounce the street checks as a violation of charter rights but see issuing receipts as a way to track the stops as well as reduce their numbers.

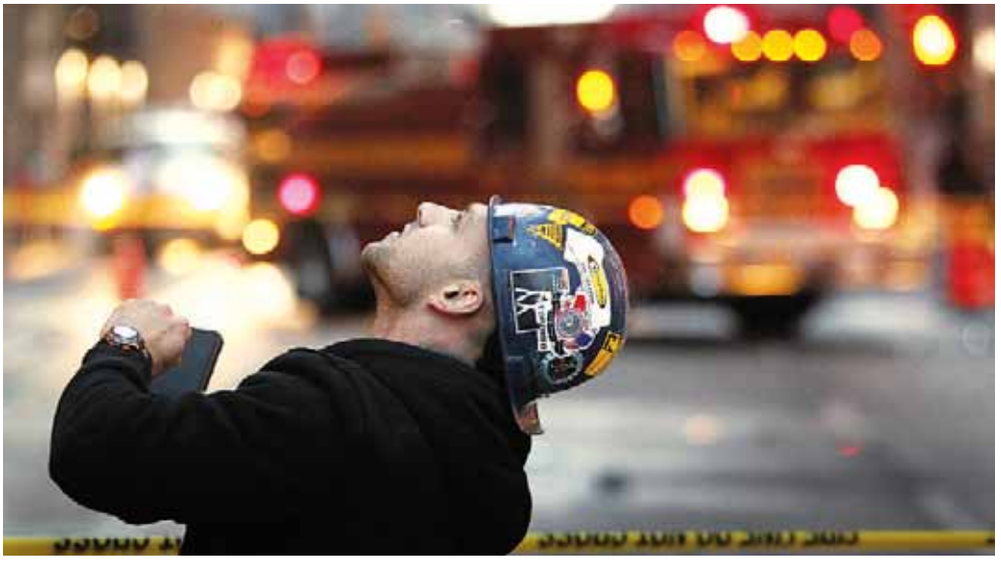
As the public board meeting was getting underway at headquarters, police locked down the building, shutting out many speakers who were on a list to give deputations, including former Toronto mayor John Sewell, a CBC crew, a street pastor and community and youth activists.

TORSTAR NEWS SERVICE

Blair on a budget

The Toronto Police Services Board has told police Chief Bill Blair to go back, revise his budget and return in December with enough spending cuts to bring in a flatlined budget for 2013.

- The chief's budget request was $21.3 million more than the city's target of $927.8 million — a zero increase over 2012. To achieve that target, Blair has said, he would have to cut at least 137 officers and 52 civilian employees. He stuck to that position Wednesday.



Heads up! Glass panel falls from Trump Tower's 34th floor

A construction worker looks skyward as police and fire close off Adelaide Street after glass was dropped from the Trump International Hotel and Tower on Wednesday. A Trump Tower spokeswoman said the glass panel fell from the 34th floor during construction work. No injuries were reported, but some vehicles were damaged, police said. STEVE RUSSELL/TORSTAR NEWS SERVICE

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Mississauga

Land-transfer tax catching on

Despite efforts by Mississauga's real-estate board to head off any talk about a land-transfer tax, Mayor Hazel McCallion may be winning council support for the lucrative idea.

Last month McCallion was the lone voice advocating strongly for a city land tax

Hazel McCallion TORSTAR NEWS SERVICE

similar to Toronto's, payable by property purchasers. But opposition seems to be softening as council grapples with a $1.5-billion infrastructure deficit, user-fee hikes and an unfunded LRT line being planned for an estimated $1.5 billion. TORSTAR NEWS SERVICE

Caledon

Hybrid dog blamed for calf deaths killed

A Caledon farmer was still in shock on Wednesday after shooting dead a hybrid dog — a cross between a dog and a wolf — he believes slaughtered 14 of his calves.

Phil Leslie says he woke up Tuesday morning to find his calves massacred both inside and outside a barn on his cattle farm on Winston Churchill Boulevard, near Mayfield Road.

Several neighbours reported seeing a "large, black animal" on Monday evening.

Leslie says the animal returned to the barn around 2 p.m. Wednesday. As it matched his neighbours' descriptions, he wasted no time in killing it. TORSTAR NEWS SERVICE

The Beach

Cops investigating possible homicide

A woman is dead and a man was sent to hospital "in grave condition" after both were found without vital signs Wednesday afternoon in a home in The Beach.

Neighbours described the occupants of the home, near Woodbine Avenue and Gerrard Street East, as a friendly couple in their 60s.

"I can confirm the man and woman are related," said police Staff Sgt. Ian Moyer.

A post-mortem scheduled for Thursday will determine if the incident was a homicide. TORSTAR NEWS SERVICE

Plant aims to ease 'fear of the unknown'

Lansdowne gentrification. Safety concerns emerge among residents over facility that processes uranium powder

A GE employee loads a tray full of natural uranium pellets in the sorting and stacking area of the plant where the company monitors its quality control. Toronto media were invited to tour selected areas of production at the GE-Hitachi natural-uranium-powder processing plant in the Lansdowne and Dupont area Wednesday. CHRIS SO/TORSTAR NEWS SERVICE

In a west-end neighbourhood filled in the last decade with the sounds of a residential construction boom, the faint hum of the area's gritty industrial past can still be heard from within a gated compound on Lansdowne Avenue

It's a four-storey building owned by General Electric-Hitachi, where hulking machines have continued to rumble for nearly five decades, churning thousands of tonnes of uranium powder every year into pellets to feed the province's nuclear reactors.

Until the arrival of an environmental activist from Peterborough a few weeks ago, the facility went otherwise unnoticed by the growing number of families and young professionals that have moved into the ever-gentrifying area.

In the weeks since activist Zach Ruiter began knocking on doors to "warn" nearby residents of the operation, the company's public-relations department has been sent into a tailspin, forced to not only try to ease concerns over its long-standing nuclear processing operation (which, it argues, is safe and even award-winning), but also justify its existence in an increasingly residential neighbourhood.

On Wednesday, fighting back against negative publicity, company representatives offered reporters a limited view inside the Lansdowne uranium processing facility, leading a tour through a portion of the plant where uranium pellets are shaped and inspected before being trucked and assembled into fuel bundles at another GE-Hitachi plant in Peterborough.

Company officials also planned to attend a community meeting Wednesday night. The hope, said spokeswoman Kim Warburton, was to ease the "fear of the unknown" that has recently gripped the surrounding community.

"We're quiet and we're safe," she said.

"We don't have any plans to move."

But whether GE-Hitachi can withstand the growing pressures of gentrification is something that remains to be seen. Already, a group of residents and one local politician have mounted a campaign to force the facility from its home.

Coun. Cesar Palacio, whose ward includes the Lansdowne facility, said he recently submitted a request to the city's planning department to change the GE-Hitachi site's land-use designation from "heavy industrial" to "light employment" in the city's official plan.

While a designation change would not force the plant to move, it would prevent other heavy industry from occupying GE's land if it decides to leave. And for Palacio, the decision to leave would be a welcome one. TORSTAR NEWS SERVICE

Quoted

"Given how this community has changed tremendously, it only makes sense that this company starts looking toward the future in terms of perhaps relocating its operation."

Coun. Cesar Palacio

Det. Sgt. LeeAnn Papizewski speaks at a press conference at police headquarters on Wednesday. JESSICA MCDIARMID/TORSTAR NEWS SERVICE

Crime. Suspect in home sexual assaults charged

A 20-year-old Toronto man faces 11 charges in connection with a home invasion and sexual assault of two women at knifepoint.

Alaa Ali Hejazi turned himself in to police at Division 12, in the Black Creek Drive-Eglinton Avenue West area, around 1:25 a.m. Wednesday, accompanied by his mother, police said.

The attack appeared to be random and police have no evidence linking the victims to the alleged assailant, said Det. Sgt. LeeAnn Papizewski of the police sex-crimes unit.

Alaa Ali Hejazi CONTRIBUTED/POLICE

Police said that on Monday morning, a man rang the doorbell of a home in the Avenue Road and Lawrence Avenue West area. He offered the two women inside a free local paper.

"When the women declined, the man forced his way into the home, brandished a knife and sexually assaulted the two women," Papizewski said.

The man was injured in the torso in the ensuing struggle and fled, taking jewelry and cellphones.

The two women called police immediately. One was taken to hospital with undisclosed injuries.

Hejazi faces charges including forcible confinement, sexual assault with a weapon, threatening bodily harm and death, break-and-enter, and possession of property taken by crime. TORSTAR NEWS SERVICE

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Softening condo market?
Owners concerned over lack of investor info

Developers are only adding to fears about the state of Toronto's softening condo market and begging for more government intervention by refusing to disclose how many investors are "assigning" units before taking possession, industry watchers say.

Market research firm Urbanation had to abandon a survey this week aimed at getting a better handle on that assignment market after some 120 developers refused to answer questions.

Some developers said they didn't have the information. Others said they had no intention of supplying it, said executive vice-president Ben Myers.

But Jim Ritchie, vice-president of condo development firm Tridel, said his company didn't respond because the question wasn't relevant. "They (assignments) represent a very, very small component of our business. We just don't see them very much," said Ritchie. TORSTAR NEWS SERVICE

Assignments

Assignments are units bought in the pre-construction phase by investors who intend to flip them to new buyers at a significant markup before having to come up with final closing costs, including land transfer taxes.

- Investors now own about 22 per cent of all condos offered up for rent across the GTA and closer to 30 per cent in the downtown core, says CMHC.

Quoted

"There can be consequences in the end to not having enough information out there — like the government starting to make decisions that may affect developers detrimentally."

Ben Myers, executive vice-president, Urbanation

Developer not to blame for deaths of birds: Judge

A bird of prey flies by an office building at 100-300 Consilium Place in Scarborough, which is responsible for killing hundreds, likely thousands, of birds each year. STEVE RUSSELL/TORSTAR NEWS SERVICE

Landmark lawsuit.
Environmental groups lose case against towers that killed thousands of birds

Environmental groups and animal rights advocates have lost a landmark lawsuit in the years-long fight to curb fatal bird collisions.

The provincial court ruling Wednesday comes more than two years after Ontario Nature and Ecojustice, an environmental law firm, launched an unprecedented action against Menkes Developments, claiming more than 800 birds were killed or crippled after crashing into its Consilium Place property between 2008 and 2009.

The judgment, issued by Justice of the Peace William Turtle, dismissed three charges against Menkes leveled under the federal Environmental Protection Act and the Ontario Society for the Prevention of Cruelty to Animals Act.

According to the non-profit Fatal Light Awareness Program, which has tracked bird collisions in the GTA since 2003, more than 7,000 birds slammed into Consilium's windows between 2000 and 2010.

While Turtle acknowledged it is indisputable birds are dying at Consilium Place, his judgment said Menkes could not be held responsible for the natural discharge and reflection of sunlight. Menkes has never denied the deaths and attempted to fix the problem after hearings started in 2011. TORSTAR NEWS SERVICE

Second suit

Eco-justice lawyers are expecting a ruling in a similar suit against Cadillac Fairview Corp., which owns the Yonge Corporate Centre, in December.

- More than 800 birds died or sustained near-fatal injuries when they collided with the towers between March and November 2010.

Committee endorses bylaw banning plastic bags

Bags at the Canadian Tire store at Lakeshore Avenue and Leslie Street. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

A proposed bylaw banning plastic shopping bags has been endorsed by council's public works and infrastructure committee.

The 4-2 vote Wednesday represented the last hurdle before the controversial bylaw — vehemently opposed by plastics industry and retail representatives — goes to city council for final sign-off Nov. 27.

When the ban idea originally surfaced at city council in June, it was to take effect Jan. 1, but industry players complained they hadn't been properly consulted and couldn't be ready in time.

Quoted

"I think you might expect lawsuits to come as a result of this bad process. You have legal opinion already in front of you that this process is a sham."

Kevin Gaudet, spokesperson, Reverse the Bag Ban Coalition

The staff report adopted yesterday indicates retailers can use up old inventory and won't be charged for handing out plastic bags until July 1. Fines have yet to be set but are expected to be $150 to $200.

It means the plastic bags will continue to be distributed after Jan. 1, but the city will monitor it to ensure retailers are in fact using up old stock, said Toronto solid waste general manager Jim Harnum.

The draft bylaw stipulates only shopping bags are covered by the ban. Plastic bags can still be used for bulk food items; frozen foods; meat or fish; flowers; potted plants; prepared foods; bakery goods; prescription drugs; newspapers; dry cleaning; and bags sold in stores for garbage, food and pet waste.

Because council had already decided to enact a ban, members of the public were told not to urge scrapping the ban. They were only supposed to speak about the best way to implement it.

But that directive met with limited success.

Because of inadequate public consultation, "this process has been a sham," said Kevin Gaudet, spokesperson for the Reverse the Bag Ban Coalition, which represents 15 organizations and businesses. TORSTAR NEWS SERVICE

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Government defends exclusion of Carol Todd from bullying summit

Inspired by her daughter. Mother of Amanda Todd said she only wanted to listen, watch and absorb the information

PHYLICIA TORREVILLAS
Metro in Vancouver

The B.C. government is defending its decision to leave out Carol Todd from an anti-bullying summit that was inspired by her daughter Amanda's tragic death.

Education Minister Don McRae told reporters Wednesday that two experts on bullying and anti-bullying response — Theresa Campbell and Kevin Cameron — expressed concern that Todd's presence could pose risks for the students or young adults.

"They expressed concern that if Mrs. Todd were to attend with the young people that the risk for unintended consequence was there," he said.

Amanda Todd FACEBOOK

Cameron, the executive director of the Canadian Center for Threat Assessment and Trauma Response, said they wanted a lower-anxiety forum focused on bullying and not on trauma.

He also advised the ministry to meet Todd beforehand to discuss the issues that her presence could have both for her and the young participants.

"It was an understanding from prior experience with high-profile traumas that I have dealt with, many parents want to be present, feel they can and in the end ... they wished they had never said yes because they weren't able to manage their emotion, and it was too soon after the traumatic incident."

The ERASE bullying summit was held Tuesday and gathered more than 100 students, educators and experts to talk about ways to combat bullying.

ERASE

"If you're going to mention my daughter's name, then I would think it would've been nice if the parents were invited."

Carol Todd, whose daughter Amanda took her own life early last month.

Family mourns after alleged mob murder

Family members of alleged mob boss Joe Di Maulo prepare to release doves after funeral services Wednesday in Montreal. Di Maulo was murdered in front of his home on Nov. 5 in Blainville, Que., north of Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

Privacy violations

Ombudsman took a back seat on privacy: Veterans

The country's veterans ombudsman received nine privacy violation complaints over the last five years, seven of which were handed over to Canada's privacy commissioner — a move questioned by a growing number of ex-soldiers.

A high-profile advocate, who claims his medical files were raided, wants the federal solicitor general to investigate whether it was appropriate for ombudsman Guy Parent to "take a back seat" on the issue.

He also asks whether the veterans minister overstepped his authority by shutting down a probe initiated by his predecessor.

A citizens group on the East Coast weighed in on the issue Wednesday, demanding a public inquiry into what they say is a pattern of privacy violations at Veterans Affairs that targeted advocates.

A spokeswoman for Parent says each complaint was dealt with appropriately and denied the ombudsman had been usurped.

THE CANADIAN PRESS

Privy Council

PCO spent $463K monitoring ethnic media

Citizenship and Immigration Canada isn't the only department spending thousands of dollars keeping an eye on the country's ethnic media. The Privy Council Office spent $463,300 last January on a two-year contract with the same ethnic media-monitoring company that Citizenship has paid almost $750,000 over the past three years.

THE CANADIAN PRESS

Liberal race. Ex-MP Martha Hall Findlay seeks federal leadership ... again

The federal Liberal leadership race has another high-profile candidate.

Former MP Martha Hall Findlay, who also sought the party's top job in 2006, came forward Wednesday on the first official day of the leadership campaign.

"In 2006, there were some who questioned my run for leadership. But soon most were calling it gutsy. Before long people were coming up to me all the time to say how much I inspired them," Hall Findlay said as she made her announcement in Calgary.

Martha Hall Findlay THE CANADIAN PRESS

"We need to take on (NDP Leader) Thomas Mulcair right where it counts and where he's the weakest — the economy. We need to take on (Prime Minister) Stephen Harper, take the fight to him, not just wait and react defensively to the next round of attack ads."

Hall Findlay joins Justin Trudeau, who announced his candidacy six weeks ago, and four others. They include Toronto lawyer Deborah Coyne, Vancouver Crown prosecutor Alex Burton, Ottawa lawyer David Bertschi and David Merner, former president of the party's British Columbia wing. THE CANADIAN PRESS

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- Vaughan Mills

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- Cloverdale Mall
- Sherway Gardens
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HAMILTON
- 1289 Upper James St.
- Eastgate Square
- Lime Ridge Mall
- Lime Ridge Mall – Kiosk

MARKHAM
- 7357 Woodbine Ave.
- Markville Shopping Centre
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MILTON
- 377 Main St E

MISSISSAUGA
- 980 Eglinton Ave. E
- Dixie Value Mall
- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- Square One Shopping Centre
- Square One Shopping Centre – Kiosk
- Westgate SmartCentres

NEWMARKET
- Upper Canada Mall

NORTH YORK
- 1635 Lawrence Ave. W
- 170 Rimrock Rd.
- 2081 Steeles Ave. W
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Hampshire Gate at Dundas
- Oakville Place

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall

SCARBOROUGH
- 259 Morningside Ave.
- Cedarbrae Mall – Kiosk
- Malvern Town Centre
- Parkway Mall
- Scarborough Town Centre

THORNHILL
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It's almost like Real Housewives

David Petraeus sent out signals he'd like to stay on for President Barack Obama's second term. But suddenly he was resigning over an extramarital affair. It's a scandal almost like Real Housewives. Follow this cast of characters:

David Petraeus

A four-star general praised for his leadership in Iraq and Afghanistan. Became CIA chief in 2011. Shocked the U.S. by admitting an extramarital affair with Paula Broadwell.

Paula Broadwell

Author, married mom and Petraeus's biographer. Their affair was exposed after Broadwell sent emails to Jill Kelley, warning her to stay away from Petraeus, officials said.

Jill Kelley

Surgeon's wife, mom of three kids, friend of Petraeus and his wife, Holly. A party hostess and social liaison for leaders of the U.S. military's Central Command in Tampa.

John Allen

A four-star Marine general, a top U.S. commander in Afghanistan. Married. The Pentagon is investigating emails involving Allen and Kelley. Some were "flirtatious," say officials.

The shirtless FBI man

And then there's this unnamed character: the FBI agent to whom Kelley first took her complaint. He was a longtime friend. And he'd once sent her shirtless photos of himself, according to an official. He passed Kelley's information along to others for investigation.

Four-star foibles: No threat to U.S. security, says Obama

Sex scandal. CIA chief David Petraeus' extramarital affair jolts Washington and grows like a soap opera plot

U.S. President Barack Obama made his first public comments Wednesday on the growing scandal around two of the country's most well-known four-star generals.

Was national security threatened?

No, said Obama.

"I have no evidence at this point that classified information was disclosed that in any way could have any impact on our national security,'' he said.

Meanwhile, the tangled tale of emails that exposed one general's career-ending extramarital affair and another's questionable relationship with a Florida socialite was ballooning to soap opera proportions:

First, a U.S. official said the army has suspended the high security clearance of Paula Broadwell, the woman who had an affair with CIA director David Petraeus, triggering his resignation.

Roadblock

Barack Obama had hoped to use Wednesday's news conference, his first since his re-election, to build support for his economic proposals.

- **Stymied.** Instead, the scandal threatens to derail his agenda and complicate planning during a critical time in the Afghanistan war effort.

Second, with news vans camped outside her stately home, a Florida socialite tied to the Petraeus sex scandal asked police for diplomatic protection. Jill Kelley cited her status as honorary consul general for South Korea for the city of Tampa.

Third, Kelley's pass to MacDill Air Force Base has been indefinitely suspended, the Pentagon said. Kelley now must report to the visitor centre and sign in.

Lastly, at least five current and former U.S. generals have been reprimanded or investigated for possible misconduct in the past two weeks, reports said.

THE ASSOCIATED PRESS

President Barack Obama steps up to the podium at his Washington, D.C., news conference Wednesday. He said of the Petraeus sex scandal, "I have a lot of confidence generally in the FBI and they have a difficult job. It's best right now to see how this process unfolds." CHARLES DHARAPAK/THE ASSOCIATED PRESS

Too close

Why a bio can lead to a love affair

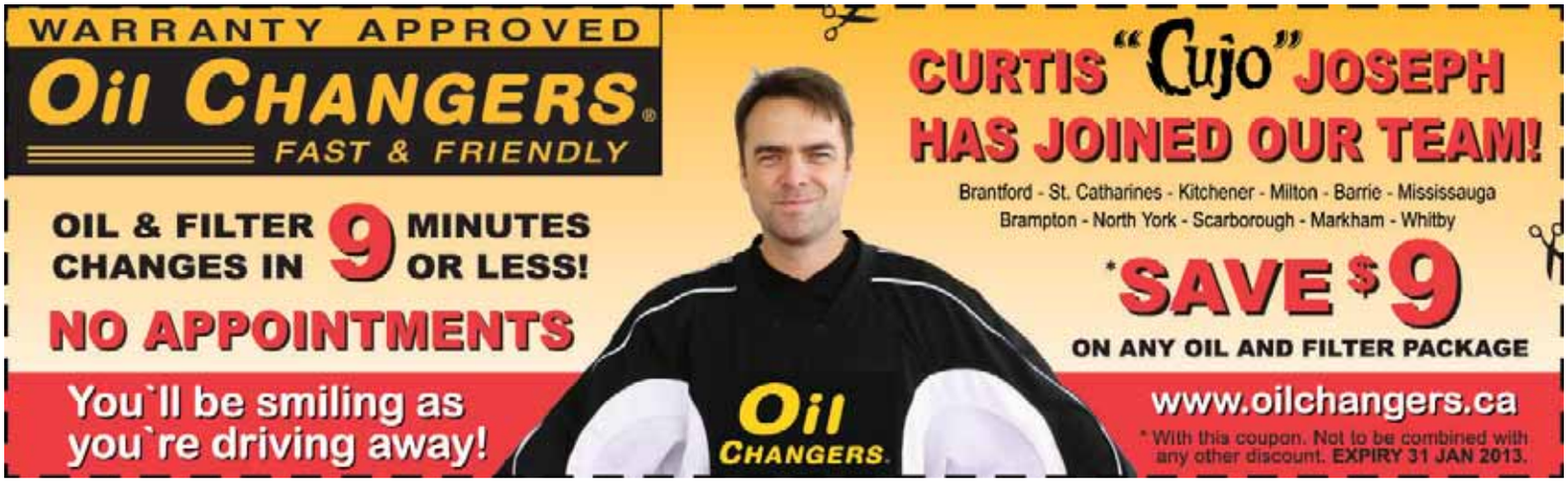
The affair between David Petraeus and Paula Broadwell is an extreme example of the closeness between biographers and their subjects.

"As with psychiatrists, same with biographers, you shouldn't sleep with your subject,'' said Blake Bailey, biographer of authors John Cheever and Richard Yates.

Years spent together, as Broadwell had with Petraeus in Afghanistan, can make the biographer's experience intensely personal, sexual or not.

Doris Kearns Goodwin was an aide to Lyndon Johnson who sometimes took notes while the ex-president lay in her bed, a relationship she called platonic and described in her book, Lyndon Johnson and the American Dream.

THE ASSOCIATED PRESS



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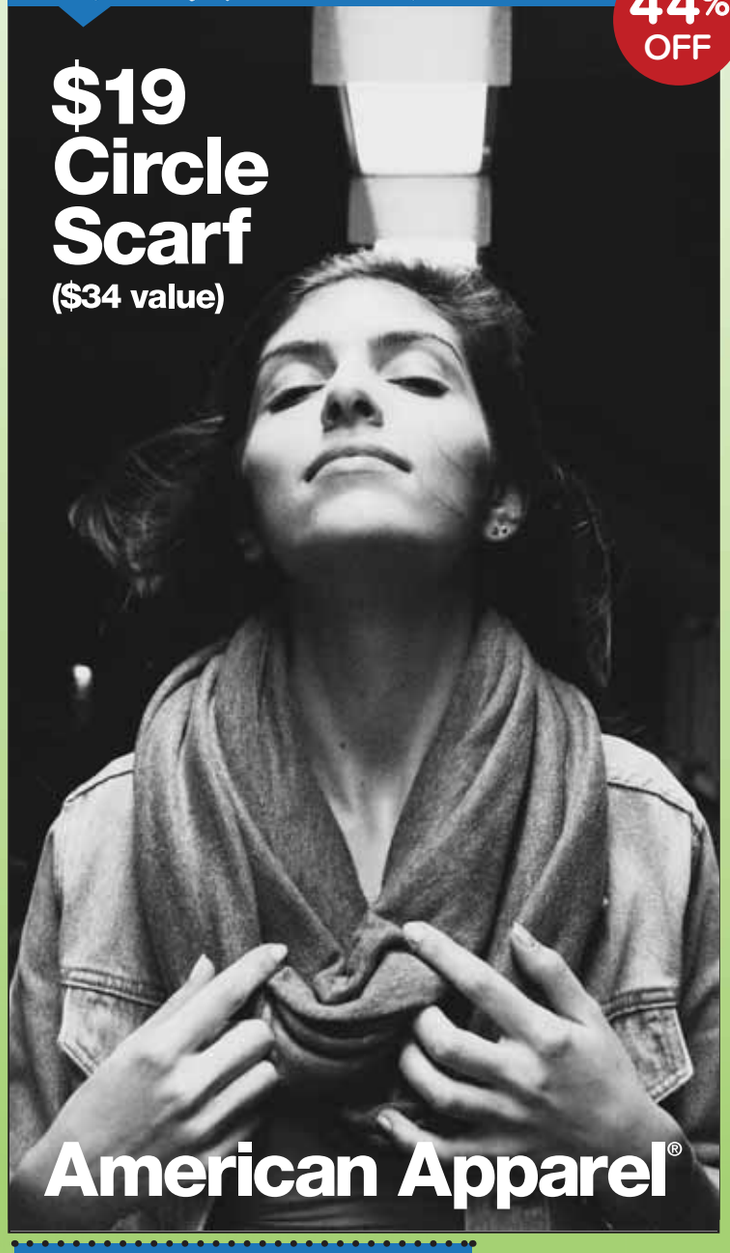

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UN. Detainees complain about failure to arrest Bush for prisoner abuse

Former U.S. president George W. Bush. EVAN VUCCI/THE ASSOCIATED PRESS

Four men with detailed accounts of being tortured in Afghanistan and Guantanamo Bay have filed a complaint against Canada with the United Nations over Ottawa's refusal to prosecute former U.S. president George W. Bush.

It is the latest attempt by human rights advocates to arrest the former U.S. leader for alleged crimes perpetrated during the American-led fight against terrorism.

The Canadian Centre for International Justice and the U.S.-based Centre for Constitutional Rights filed the complaint on behalf of Hassan bin Attash, Sami el-Hajj, Muhammed Khan Tumani and Murat Kurnaz.

They maintain Canada should have investigated and prosecuted Bush during his visit to British Columbia last year, in compliance with the UN Convention Against Torture.

The complaint says that in Afghanistan and Guantanamo, the four men experienced inhumane treatment including beatings, being hung from walls or ceilings, denial of sleep, food and water, and exposure to extreme temperatures.

Canada, unlike the United States, is among the countries that allows individuals to file petitions with the UN committee for alleged breaches of the convention. THE CANADIAN PRESS

Health

Ontario moves to scale back annual physical exams

The annual physical by your family doctor will be quicker and involve fewer tests for most healthy adults under a new fee agreement with Ontario's physicians.

The province reached a tentative deal with the Ontario Medical Association Tuesday, worth $11.1 billion a year. THE CANADIAN PRESS

Regulatory college

Mistaken mastectomy surgeon won't be disciplined

A surgeon from Windsor, Ont. won't be disciplined by the province's medical regulatory college.

Dr. Barbara Heartwell was investigated after it was revealed she mistakenly removed the healthy breasts of two women at Hotel-Dieu Grace Hospital.

THE CANADIAN PRESS

Markham store owner jailed over 'Frankenfish'

Undercover operation. Shop owner jailed, fined for selling 228 of the illegal snakehead fish

A snakehead fish, which can grow to be up to one metre long. COURTESY OF FISHERIES AND OCEANS CANADA

An undercover sting on both sides of the U.S.-Canadian border caught a Toronto man dealing in an invasive species of voracious "Frankenfish."

Muk Leung Ip, 50, was sentenced last week to 60 days in jail for selling the fish, a Southeast Asian delicacy, destined for New York and Manitoba.

He has also been fined $90,530 by Canadian and American wildlife enforcement agencies.

Ip sold 228 snakehead fish, illegal to possess or sell in Ontario and New York, to an undercover U.S. wildlife agent between June 2010 and January 2012 from his Markham store, Lucky Aquarium.

The snakehead, which can be up to one metre long, has become a growing problem in the U.S.

Nicknamed "Frankenfish" by authorities because it is notoriously hard to kill, it's invaded Florida and Maryland, where officials recommend decapitating it to ensure death.

One was spotted swimming in a pond at a British Columbia park in May — it's sold in Vancouver as food — but the species has yet to be seen in Ontario waterways.

Becky Cudmore, a Fisheries and Oceans Canada scientist, said the snakehead's jagged teeth are capable of tearing off fingers or toes.

Cudmore said it poses a significant risk to ecosystems because it's a fierce predator that will hunt other fish to extinction.

"They just attack," she said, noting they breed and grow so quickly, they escape being prey themselves.

Once established, the snakehead, a native of China, Korea, and Russia, is nearly impossible to eradicate, added Cudmore.

TORSTAR NEWS SERVICE

Cross-border relations

The undercover U.S. agent arrived in Markham from Pennsylvania last December to purchase 154 of the snakehead fish, which can survive four days out of water, and transport them to New York.

- **Co-operation.** Neil Mendelsohn, assistant special agent with the U.S. Fish and Wildlife Service, said authorities from Environment Canada and the Ontario Ministry of Natural Resources worked with his agent and were with him as back-up.
- **Trust.** "Mr. Ip thought he was dealing with a regular businessman," said Mendelsohn, noting his agent gained Ip's trust through months of emails, phone calls and a previous shipment of snakehead fish.

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People gather around the wreckage of the car in which Ahmed Jabari, head of the Hamas military wing in Gaza City, was killed on Wednesday. ADEL HANA/THE ASSOCIATED PRESS

Israel kills Hamas military chief, warns of broader operation

Pillar of Defence. After assassination Israel says a ground operation in Gaza is a 'strong possibility'

Israel carried out a blistering offensive of more than 20 air strikes in the Gaza Strip on Wednesday, assassinating Hamas' military commander and targeting the armed group's training facilities and rocket launchers in Israel's most intense attack on the territory in nearly four years.

Israel said the air strikes, launched in response to days of rocket fire out of Hamas-ruled Gaza, were the beginning of a broader operation against the Islamic militants code-named "Pillar of Defence." Israeli defence officials said a ground operation was a strong possibility in the coming days though they stressed no decisions had been made, and much would depend on Hamas' reaction. There were no immediate signs of extraordinary troop deployments along the border.

The attack came at a time when Israel seems to be under fire from all directions. Relations have been deteriorating with Egypt's new Islamist government, Egypt's lawless Sinai desert has become a staging ground for militant attacks on Israel, and the Syrian civil war has begun to spill over Israel's northern border. Earlier this week, Israel fired back at Syria — for the first time in nearly 40 years — after stray mortar fire landed in the Israeli-controlled Golan Heights.

With at least 10 Palestinians dead, including two young children, Wednesday's offensive was certain to set off a new round of heavy fighting with Gaza militants, who have built up a formidable arsenal of rockets and missiles.

THE ASSOCIATED PRESS

Violence

In a nationwide address, Prime Minister Benjamin Netanyahu said Israel could no longer stand repeated attacks on its southern towns.

- **Impact.** Days of rocket fire have heavily disrupted life for some 1 million people in the region, cancelling school and forcing residents to remain indoors.
- **Escalation.** The Israeli military said it was ready, if necessary, to send ground troops into Gaza. The defence officials who said a ground operation was likely in the coming days spoke on condition of anonymity because they were discussing sensitive military plans.

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Ill woman denied an abortion dies, flaring Irish debate

Fading health. A woman suffering during pregnancy was refused an abortion and died in hospital from blood poisoning

Indian national Savita Halappanavar died after being refused a termination of her pregnancy at a hospital in Galway, Ireland. HANDOUT/GETTY IMAGES

The debate over legalizing abortion in Ireland flared Wednesday after the government confirmed that a woman in the midst of a miscarriage was refused an abortion and died in an Irish hospital after suffering from blood poisoning.

Prime Minister Enda Kenny said he was awaiting findings from three investigations into the death of Savita Halappanavar, a 31-year-old Indian woman who was 17 weeks pregnant.

Her case highlighted the legal limbo in which pregnant women facing severe health problems can find themselves in predominantly Catholic Ireland.

Ireland's constitution officially bans abortion, but a 1992 Supreme Court ruling found the procedure should be legalized for situations when the woman's life is at risk from continuing the pregnancy.

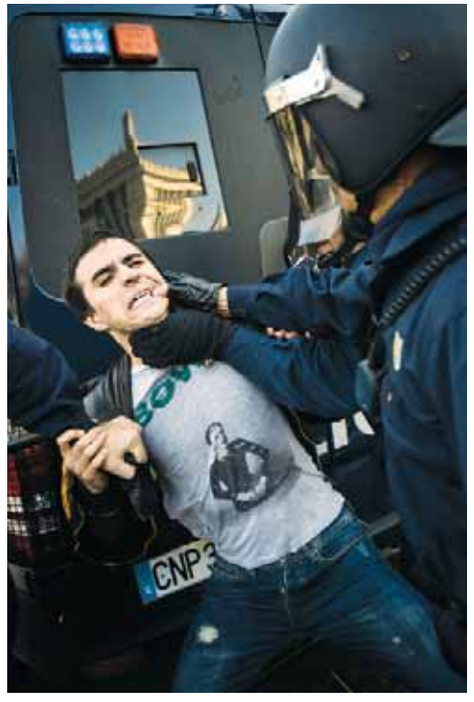
Five governments since have refused to pass a law resolving the confusion, leaving Irish hospitals reluctant to terminate pregnancies except in the most obviously life-threatening circumstances.

Halappanavar's husband, Praveen, said doctors at University Hospital Galway in western Ireland determined she was miscarrying within hours of her hospitalization for severe pain on Sunday, Oct. 21.

He said over the next three days, doctors refused their requests for an abortion to combat her surging pain and fading health.

He said his wife vomited repeatedly and collapsed in a restroom that night, but doctors wouldn't terminate the fetus because its heart was still beating.

THE ASSOCIATED PRESS



The long arm of the law

Riot police apprehend a protester during a general strike in Madrid, Spain, Wednesday. Spain's General Workers' Union said the nationwide stoppage, the second this year, was being observed by nearly all workers in the automobile, energy, shipbuilding and construction industries. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Arizona

Woman accused of running over husband because he didn't vote against Obama

Police in Arizona say a woman ran over her husband with an SUV because he didn't vote in last week's presidential election.

Authorities say Holly Solomon opposed President Barack Obama and was upset her husband didn't go to the polls.

Police say Solomon chased her husband through a parking lot, circled him as he hid behind a light pole, struck him and pinned him under the vehicle as he tried to flee.

Solomon told police she was just trying to scare him but accidentally stepped on the accelerator.

She was booked on an aggravated assault count.

The husband told investigators Solomon believed her family was going to face hardship if Obama was re-elected.

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- ✓ PW & PL
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- ✓ 3.6L V6 ENGINE
- ✓ 19" CHROME WHEELS
- ✓ POWER SUNROOF
- ✓ U-CONNECT WITH BLUETOOTH
- ✓ TINTED WINDOWS
- ✓ ROOF RACK
- ✓ MUCH MORE

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- ✓ ALUMINUM WHEELS
- ✓ 4 CYL. ENGINE
- ✓ TOP OF THE LINE

BLOWOUT PRICE! $25,999 +HST

MONTHS	RATE	PAYMENT/ WEEKLY/TAX IN
96	4.99%	$88.00

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- ✓ 5.7L HEMI ENGINE
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- ✓ PREMIUM CLOTH
- ✓ BUCKET SEATS
- ✓ 6 SPEED AUTO
- ✓ U-CONNECT WITH BLUETOOTH
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- ✓ SIDE STEPS
- ✓ DUAL EXHAUST
- ✓ TOW PACKAGE
- ✓ TRAILER BRAKE CONTROL
- ✓ 25K PACKAGE

3 AT THIS PRICE!

BLOWOUT PRICE! $29,888+HST

MONTHS	RATE	PAYMENT/ WEEKLY/TAX IN
96	4.99%	$102

2012 DODGE RAM 1500 4X 4 CREW CAB SLT

- ✓ AUTOMATIC
- ✓ AM/FM/CD
- ✓ 6 SPEED AUTOMATIC
- ✓ POWER WINDOWS
- ✓ POWER LOCKS
- ✓ 5.7L HEMI
- ✓ 20" ALUMINUM WHEELS
- ✓ TOW PACKAGE
- ✓ 25G PACKAGE
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BLOWOUT PRICE! $28,999+HST

MONTHS	RATE	PAYMENT/ WEEKLY/TAX IN
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- ✓ NAVIGATION
- ✓ DUAL TRANSMISSION
- ✓ OIL COOLER
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MONTHS	RATE	PAYMENT/ WEEKLY/TAX IN
96	4.99%	$191

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Appeal. Wal-Mart contests ex-employee's $1.2M settlement

Wal-Mart Canada says a jury verdict that awarded a former employee more than $1 million is "shockingly unreasonable."

The company is asking the Court of Appeal for Ontario to dismiss the claims made by Meredith Boucher — who used to work at a store in Windsor, Ont. — or at least lower the amount Wal-Mart has to pay her.

Boucher sued Wal-Mart and her former manager, Jason Pinnock, for intentional infliction of mental suffering and constructive dismissal, meaning she was asked to work in intolerable conditions.

The trial heard that Pinnock was mentally abusive toward her and would criticize her in front of other staff, such as when he made her count a row of skids to prove she could count to 10 and that Wal-Mart didn't take action against him.

Quoted

"Wholly disproportionate and/or shockingly unreasonable."

Wal-Mart's written response to the Court of Appeal for Ontario on Meredith Boucher's compensation award

The jury ordered Wal-Mart to pay her $1 million in punitive damages and $200,000 in aggravated damages, as well as awarding her $250,000 from Pinnock.

Both Pinnock and Wal-Mart are appealing, with Wal-Mart suggesting the jury wasn't properly instructed and that a better informed jury wouldn't have come up with those amounts. Boucher's lawyer, Myron Shulgan, said the jury's findings should be upheld.

THE CANADIAN PRESS

Target. New super-chain launching green initiative

American super-chain Target says it's going to try to make its new Canadian stores a little more green.

The retailer announced Wednesday it hopes to achieve LEED certification for all its stores, by updating its design plans to include conserving energy and water, reducing greenhouse gas emissions and limiting waste sent to landfills.

"We take our role as good corporate citizen very seriously, and we're proud that Target is making a firm commitment to sustainability in Canada," said Tony Fisher, president of Target Canada. "Striving for LEED certification at our 124 stores opening in 2013 is important as we seek to use our resources responsibly and maintain the health of our communities."

There are several levels of LEED certification, depending on how energy and waste efficient a building is.

Target says it plans to open stores in Canada by March and April of 2013. SCOTT OLSON/GETTY IMAGES

Target Inc. bought most of the Zellers chain from the Hudson Bay Company a few years ago and plans to open stores in Canada by early 2013.

ELISHA DACEY/METRO

Wal-Mart launches U.S. food subscription service

Mail-order Goodies.

Retail giant sees big potential in edible online orders

Wal-Mart's new mail subscription service, called Goodies lets shoppers discover new foods from the comfort of their homes. The program launched in the United States on Wednesday. WAL-MART/THE ASSOCIATED PRESS

Wal-Mart Stores Inc. on Wednesday will officially launch a mail subscription service, called Goodies, that lets U.S. shoppers discover new foods from the comfort of their homes.

For a monthly fee of $7 that includes tax and shipping, customers get a box of five to eight hand-picked, sample-size food items, ranging from organic to ethnic products that are not currently carried on Wal-Mart's shelves. The world's largest retailer began testing the service three months ago and so far has 3,000 subscribers. For November items include pumpkin souffle mix, white cheddar popcorn and dark chocolate-infused Quinoa bars.

Wal-Mart announced in late May that its research division — Walmart Labs — was creating a food subscription service, but the company didn't offer many details.

It works like this: users can sign up for the service at www.goodies.co. The monthly price is almost half of the total value of the items if they were purchased separately, according to Wal-Mart. If customers like the products, they can purchase full-size versions on the Goodies Co. website. Goodies has also created a social community online where subscribers can post reviews to earn loyalty points. The points can be redeemed in the future for items in the store.

Ravi Raj, vice-president of products at San Bruno, California-based Walmart Labs said it wanted to start a subscription service for food because it is "inherently very social."

"People love to talk about new food products," Raj said.

Wal-Mart is also looking to use Goodies as a way to spot food trends in its stores.

"Wal-Mart is the largest grocer but there's room for us to innovate," Raj said.

Over the past several years, the number of subscription services has grown and includes purveyors of everything from socks to beauty products. Online underwear seller Freshpair.com started a subscription service last year.

Wal-Mart's move into subscription services comes as it's experimenting with different ways to cater to its customers. Last month Wal-Mart announced it was testing a same-day delivery service in select markets for customers who buy popular items online during the holiday shopping season.

THE ASSOCIATED PRESS

Belgium

EU pushing for boardroom equity

The European Commission wants more women in the boardrooms of large European companies, saying it's a matter not only of fairness but of good business sense.

Commission Vice-President Viviane Reding says the target is to have women comprise at least 40 per cent of the boards of publicly traded European companies by 2020, and by 2018 for state-owned companies.

As of 2016, she says, companies where women make up less than 40 per cent will have to choose qualified women to fill vacancies or face penalties. Individual EU countries will set the penalties, possibly including fines or the annulment of the appointment of a male board member. THE ASSOCIATED PRESS

Italy

Lamborghini eyes the SUV market

Lamborghini CEO Stephan Winkelmann says the automaker will decide in coming months whether to join other luxury brands and expand into all-terrain sports utility vehicles.

Winkelmann said Wednesday that Lamborghini needs to consider the impact of higher SUV volumes on its facilities and where to invest its resources during an economic crisis.

Lamborghini, owned by German carmaker Volkswagen, presented a concept SUV, the Urus, in April with an eye on a 2017 launch.

If it went ahead, the carmaker expects to produce 3,000 SUVs a year, beyond the 2,000 super sports cars it already builds.

THE ASSOCIATED PRESS

Facebook prompts delight, disgust with couples pages

Forced togetherness. Users can't opt out of new mandate that establishes separate page for listed couples

Facebook gives and Facebook takes away, version 3.0.

The global behemoth of social media has introduced an automatic "couples" page that has triggered the same instant revulsion and joy of its past changes.

Facebook introduced the "couples" page last Thursday as "a new look for the Friendship page." If you and someone you are in a relationship with list each other by name in your respective your statuses, Facebook has already created a page just for the two of you. To see it, go to facebook.com/us.

The page collects all of your joint tagged pictures, lists your mutual friends and tracks your shared posts.

"Makes me want to retch," Emma Barnett, women's editor of Britain's Daily Telegraph, felt compelled to say.

"This is super lame. I am not a combined unit with my loved one," wrote Liz Remp of Ann Arbor, Mich., on Facebook.

"If this signals an end to all the JohnDoe JaneDoe accounts, I'm all for it," said Gabriel Crutchfield of Knoxville, Tenn.

A Facebook page popular in Hong Kong, Profiles for Couples, has been lobbying for this very "road to virtual unity" since 2009.

Couple-page fan Tiffany McGee of Cedartown, Ga., joined the groundswell in 2010, explaining "It seems easier to me to have a page with my husband. His friends are my friends and vice versa! It would be nice just to have one page to edit :)"

As with other Facebook mandates, there is no opt-out.

TORSTAR NEWS SERVICE

An example of the controversial new couples pages. SCREENSHOT

Edgerank

Facebook is often accused of needless meddling. In September, the company strengthened its filter for old or irrelevant posts.

- One agency discovered the reach of 15,380 of its posts had dropped by half after the changes.
- The wound was re-opened Monday when a Scottish developer revealed a workaround.

What do you think of Facebook "couple" pages? Tweet us your thoughts at: @metrotoronto

Inuktitut. Inuit people missing sex terminology

It burns. It itches. It stings and it's sore.

The doctor tells you it's chlamydia, but how can you fully understand what that means if your language doesn't have the right words?

In Canada's 53 Inuit communities, where more than 35,000 people speak Inuktitut as a first language, the dearth of specific terms and phrases relating to sexually transmitted infections and diseases like HIV/AIDS is seen as a barrier to public health.

That's why Pauktuutit Inuit Women of Canada has released a glossary of terms to fill in the blanks.

The organization decided to address the troublesome sexual semantics after the issue was raised at a health forum in Iqaluit, Nunavut, in 2009. Even words for major diseases lacked clarity, said Geri Bailey, Pauktuutit's manager of health policy and programs.

"Cancer and HIV translate the same way in some dialects: you have a terminal illness and you're going to die," she said.

TORSTAR NEWS SERVICE

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Giving back

Canadians more charitable: Poll

An online poll from BMO Harris Private Banking found that 79 per cent of Canadians surveyed had made a charitable donation at some point in the past year, up from just 68 per cent in 2011.

The average donation amount also rose to $557 from $487.

THE CANADIAN PRESS

Stop the spread

French Senate passes Nutella tax

First the French government went after the rich — now it's Nutella.

Despite an outcry in support of the beloved chocolate and hazelnut spread, the Senate passed a measure Wednesday that would triple the tax on palm and some other vegetable oils in the hope of cutting down on obesity.

The "Nutella tax" would affect any foods made with those oils and bring in about 40 million euros. THE ASSOCIATED PRESS

Crowd-sourcing a cure

Second opinion. Italian cancer patient shares his medical records online, searching for a cure for both body and soul

Salvatore Iaconesi, a 39-year-old Italian artist and engineer, was diagnosed with a brain tumour in early September. He has decided to publish his medical records online and is now trying to crowd-source a cure. COURTESY ORIANA PERSICO

In a few weeks, a team of surgeons will slice open Salvatore Iaconesi's head and attempt to remove the tumour growing inside his brain. But on the Internet, Iaconesi has already opened up his head — and his private medical records — for the world to see.

In early September, Iaconesi decrypted his own medical information and posted his CT scans, MRI images and health records on his website, La Cura.

"Anyone can give me a cure," he wrote in an open invitation.

By publishing his medical information online, Iaconesi is crowd-sourcing a cure for his cancer. But for the 39-year-old Italian artist, hacker and engineer, the "cure" he seeks is not strictly a medical one.

"There are cures for the body, for spirit, for communication," he wrote on his website, which went live on Sept. 10. "Grab the information about my disease, if you want, and give me a cure: create a video, an artwork, a map, a text, a poem, a game or try to find a solution for my health problem."

Tens of thousands have since answered Iaconesi's call and he has received more than 600 poems, dozens of videos and countless testimonials from patients around the world. Artists have also found inspiration in Iaconesi's brain scans and medical data, creating everything from drawings and visual performances to an online model of his tumour that can be printed using a 3-D printer.

Approximately 60 doctors from around the world — Italy, Germany, Brazil, Britain, the United States — have also been in touch, offering medical opinions, expertise and even their own services at a discount. Some are also now in conversation with each other, discussing best strategies and techniques for Iaconesi to beat his cancer.

"We are actually following the combined advice of multiple doctors, internationally," said Iaconesi, who spoke to Torstar News Service through a series of emails and a brief phone conversation. "There isn't a single doctor (who) is handling all this but rather, a network of doctors and professionals, with which we work collaboratively to make our decisions."

TORSTAR NEWS SERVICE

Frustration

In late August, Iaconesi woke up in the hospital and was told he had a glioma, a type of malignant tumour.

- He felt excluded from the medical conversation. One surgeon balked when asked to explain his technique.
- So Iaconesi left the hospital. But first, he paid 35 euros for a CD containing his medical information, trapped in an obscure file format.

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Warning labels on cigarette packs among world's best

Fourth place. Canada up from 15th two years ago in ranking of 198 countries

A Canadian cigarette pack shows three-quarters of the packaging devoted to pictures and text that discourages smokers from lighting up. DENIS SAVARD/THE CANADIAN PRESS

When it comes to warning people about the dangers of cigarettes, Canada's leading cancer researcher says we're not just blowing smoke.

The Canadian Cancer Society says Canada's cigarette packaging bears some of the most prominent health messages in the world. The society says three-quarters of the space on Canadian packaging is now devoted to pictures and text discouraging smokers from lighting up.

In a ranking of 198 countries, Australia took top spot by covering 82.5 per cent of its packages with health warnings. Uruguay and Sri Lanka followed.

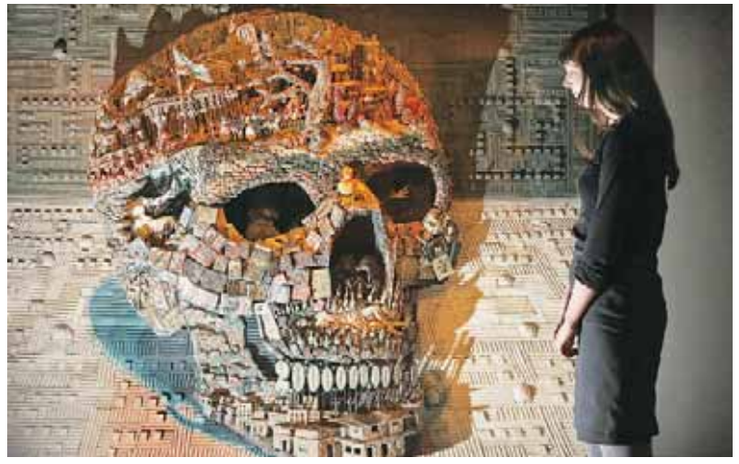
Senior policy analyst Rob Cunningham said much of Canada's progress comes as a result of federal regulations that went into effect on June 19. The new rules require tobacco companies to cover 75 per cent of cigarette packages with pictures depicting the effects of lung cancer and text enumerating the health risks associated with smoking.

Some 2011 data from the society suggests that Canadians are heeding warnings to butt out. A survey found that 17 per cent of Canadians identified themselves as smokers, down from 24 per cent a decade earlier.

Canada was the first of the countries surveyed to compel manufacturers to display the graphic images, kicking off a trend that 62 other countries have since followed.

Australia, in particular, has emerged as an international benchmark for tobacco warnings, Cunningham said.

He cited the adoption of plain-packaging laws for much of that country's success. Those regulations forbid tobacco companies from displaying logos or other brand identifiers on their packages. Manufacturers went to court to fight the regulations but lost. Anti-smoking advocates in Canada have urged Ottawa to adopt similar measures, which Health Canada has previously said it has no plans to pursue. THE CANADIAN PRESS



Death on display at London exhibition

A visitor takes a closer look at a Plasticine modelling clay skull entitled 'Calavera' by the Argentine Mondongo Collective at the Wellcome Collection on Wednesday in London, England. The Death: a Self-portrait exhibition showcases 300 works from a unique collection by Richard Harris, a former antique print dealer from Chicago, devoted to the iconography of death. The display highlights art works, historical artifacts, anatomical illustrations and ephemera from around the world and runs until Feb. 24, 2013. PETER MACDIARMID/GETTY IMAGES

New E. coli case linked to XL beef plant

A new case of E. coli has been linked to the XL Foods beef plant at the centre of an extensive product recall.

The Public Health Agency of Canada says the new case is in Alberta and brings the total number across the country to 18. The agency says the person became ill last month and is still recovering.

Last month, the Canadian Food Inspection Agency gave the plant in Brooks, Alta., permission to resume slaughtering cattle after being shut down for more than a month.

On Nov. 4 the agency discovered new cleanliness problems at the plant and ordered corrective action. It is not clear when the plant will be allowed to resume shipping beef. THE CANADIAN PRESS

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Ways to lower car insurance rates at any age

Drivers should look for more savings regardless of driver profile.

Auto insurance is a major expense in a household budget. While it's mandatory to have insurance, overpaying is not necessary. There are simple ways of getting a more affordable auto insurance rate, regardless of age or driving experience.

NEW DRIVERS
Use of a 'good student discount' is one way to save on insurance for a young driver. Many insurance companies offer a discount for students who carry a minimum required grade average. Another way to save is by taking a driver education course from an approved school; to learn the rules of the road. Be sure to inquire about these options, as they may not always be advertised.

DRIVERS OVER 25
There may have been some improvement in yearly premiums for drivers with some driving experience. Don't forget to also ask about further discounts. These may include: installing a security system, driving an eco-friendly car, or installing safety features such as winter tires. If recently married, combine policies with your spouse and take advantage of bulk discounting by having more than one car insured with the company.

EXPERIENCED DRIVERS
An experienced driver with a good driving record may be eligible for better insurance rates; the key is to find the insurance company that will offer the lowest rate. Shopping around for car insurance is the easiest way to find a better way. Other ways to save include changing your deductible – perhaps carrying a higher deductible; or, combining home and auto insurance policies with the same insurance company.

DRIVERS OVER 55 YEARS
Mature drivers over 55 years old may qualify for some of the best rates available. Some insurance companies across Canada specialize in getting the best rates for mature drivers. There are also retirement benefits to keep in mind: no commute distance may mean a lower rate. Make sure the insurance company changes the commuting status to pleasure use.

No matter how old you are, it is always a good idea to shop around for a better rate. Quoting sites like **ComparaSave.com** help drivers find the lowest insurance rate available within their network of over 30 insurance companies.

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Free fertility therapy spawned from late woman's donations

Laura's Wish. Clinic's medical director inspired to create philanthropic program by generous gesture

JOHN MATISZ
Metro in London, Ont.

Usually, finding a curious package in one's office leads to a cautious call to the police.

One day in August, however, it was quite the opposite for Dr. John McNaught and his colleagues at Fertility Ontario in London, Ont.

"I came in one day and there was an envelope of cheques from a funeral home," said McNaught, the fertility clinic's medical director. "It was from the funeral service of a lady I've never met before, never heard of before."

The six cheques, all addressed to Fertility Ontario, totalled $310. A few phone calls later, McNaught found out redirecting the funeral donations was the deceased's idea.

McNaught was immediately touched by the generosity and randomness. The woman, a 36-year-old named Laura from Sarnia, Ont., was not a patient of his or his colleagues. Apparently, her husband found Fertility Ontario on Google.

"She had suffered for a number of years from miscarriages," McNaught said. "And then, when she finally gave birth to a healthy child, she passed away from complications from the pregnancy."

Since the cheques and Laura's story came into McNaught's life, Fertility Ontario, along with local marketing agency tbk Creative, created Laura's Wish. It's a philanthropic program with a single goal: Continue Laura's legacy by offering free fertility therapy to those in need.

"It put everything in total perspective for me. I felt like we had to do more than just accept the money and spend it," McNaught said. "We're not looking to raise money; we're looking to help people."

On April 14, 2013, the clinic will offer a full cycle of fertility therapy to a chosen applicant.

After that, who knows where Laura's Wish will go.

"We're really just trying to take that motive expressed to us, help one person, and go from there," McNaught said.

Online

To apply for free fertility treament, visit FertilityOntario.com

Quoted

"I felt like we had to do more than just accept the money and spend it."

Dr. John McNaught, medical director of Fertility Ontario in London, Ont.

A Sarnia, Ont. woman who died during complications from childbirth had her funeral donations redirected to Fertility Ontario. Inset, Dr. John McNaught, the fertility clinic's medical director. SUBMITTED

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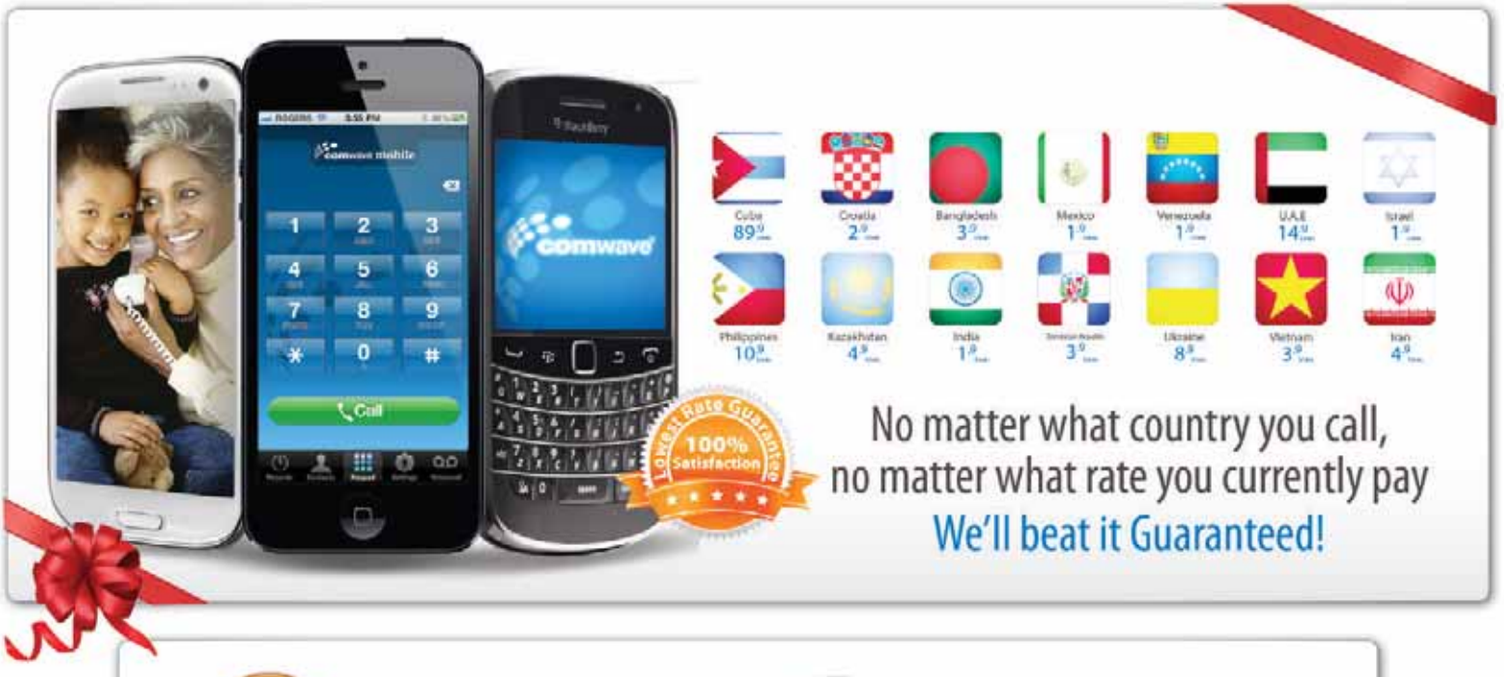

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Hollinger. Former exec reaches plea agreement with OSC

Conrad Black's former business partner David Radler has been barred from acting as an officer or director of a public company in Ontario for his role in the fraud at Hollinger newspaper group, but has escaped financial penalty.

The plea agreement approved Wednesday saw the Ontario Securities Commission withdraw all charges against Radler.

Radler, who lives in Vancouver and oversees a privately held newspaper group, was not present at the 15-minute hearing in downtown Toronto.

"Mr. Radler is moving on with his life," said his lawyer, David J. Martin.

The ban is indefinite, although Radler can apply to have it reviewed at any time.

OSC Commissioner Christopher Portner said he was "satisfied" with the joint-agreement and that it kept in line with the regulator's mandate of protecting Ontario's capital markets.

Radler is also prohibited from becoming a registrant, employee, director or officer of a registrant or an affiliated public company in Ontario. He must also refrain from directly or indirectly trading or acquiring securities related to Hollinger Inc.

Wednesday's deal is related to charges originally filed in March 2005 against Radler, Black, and Hollinger Inc., which at one time controlled a newspaper empire that operated in Canada, the United States, Britain and elsewhere.

THE CANADIAN PRESS

Market Minute

DOLLAR 99.62¢ (-0.19¢)

TSX 11,929.79 (-204.87)

OIL $86.32 US (+94¢)

GOLD $1,730.10 US (+$5.30)

Natural gas: $3.76 US (+2.1¢)
Dow Jones: 12,570.95 (-185.23)

Canadians' summer spending spree

Did the warm weather loosen our collective purse strings? According to a report released Wednesday, Canadian debt loads grew at their fastest pace in two years during the summer — an alarming development, given that officials continue to warn consumers that household spending is out of control. Credit-reporting agency TransUnion's latest quarterly analysis of Canadian credit trends found average consumer non-mortgage debt jumped 4.6 per cent year-over-year in the third quarter to an average of $26,768. GETTY IMAGES FILE

London

Prentice calls for clarity on state-owned investment

Former Conservative cabinet minister Jim Prentice says strict rules on governance and investment transparency are needed if foreign state-owned enterprises are allowed to move into Canada, but that the country cannot afford to turn its back on such opportunities.

In a speech to the Oil and Money 2012 conference in London, Prentice said current turbulence over such investments may have caught some in the international community by surprise, but the controversy has been building for years. THE CANADIAN PRESS

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Surface. Microsoft sued over tablet storage space

A California lawyer is suing Microsoft Corp., claiming the Surface tablet he bought doesn't have all the storage space the company advertised.

Andrew Sokolowski, a lawyer in Los Angeles, claims that he bought a Surface with 32 gigabytes of storage last week. But he quickly ran out of space after loading it with music and Microsoft Word documents.

He discovered that a significant portion of the 32 GB storage space was being used by the operating system and pre-installed apps such as Word and Excel. Only 16 GB was available for him to use.

Sokolowski's lawyers filed the suit alleging false advertising and unfair business practices on Tuesday at the Superior Court in Los Angeles. They are seeking class action status.

The suit aims to change how Microsoft advertises its device and hopes to force the company to give back revenue and profits that resulted from its alleged wrongful conduct.

Microsoft said in a statement that it believes the suit is without merit.

"Customers understand the operating system and pre-installed applications reside on the device's internal storage thereby reducing the total free space," the company said. It noted that people can add storage via the microSD slot and USB port.

It's common for mobile devices to have less usable storage space than advertised.

THE ASSOCIATED PRESS

Usable storage

- Microsoft confirmed on Nov. 5 exactly how much usable storage space its Surface tablets come with out of the box. It says on its website that the 32 GB Surface has 16 GB of free space while the 64 GB version has 45 GB free.
- Andrew Sokolowski's lawyer, Rhett Francisco, said Wednesday that his client never saw Microsoft's responses and said the details on its website are "buried." "They make you search and dig for it specifically, or you would never find it," he said.

Shop 'til you drop: Retailer opens new downtown store

It's a landmark store for a landmark development. Bed Bath & Beyond opened its 33rd — and at 50,000 square feet, its largest — Canadian outlet Wednesday in downtown Toronto at Aura at College Park, Canada's soon-to-be largest residential building. The downtown store features same day delivery and thousands of items not previously available in the retailer's Canadian stores. BED BATH & BEYOND/THE CANADIAN PRESS

Home improvement

Shareholder battles for control of Rona's board

A battle for control of home renovation company Rona was formally launched Wednesday after the company's second-largest institutional shareholder said it was seeking to sweep out the existing board and install new directors.

Invesco Canada, which owns about one-tenth of Rona Inc. shares, issued the call for change after the chain reported dismal financial results last week and its long-time chief executive resigned.

The unexpected departure of Robert Dutton came two months after he and the other Rona directors fended off a takeover by American rival Lowe's.

THE CANADIAN PRESS

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A PENCHANT FOR CATS

HE SAYS...
John Mazerolle
metronews.ca

I have a deep, dark secret to reveal, as difficult to cough up as a hairball: I like house cats.

In this world of chronic cat-snugglers and billionaire Instagram founders, that might not seem like a source of shame. But embracing kitties goes against all my instincts; it's as off-putting to me as stroking a tabby in the wrong direction.

I've always said I hate cats. Even my Twitter bio says so, and if you can't trust Twitter (the microblog of record) what can you trust?

But as I age my kitty-rage is abating, purr by purr.

My frosty feelings toward felines have been perfectly valid, of course. It's well documented that cats care more about themselves than us, and I haven't dealt well with that constant level of rejection.

If there was a Lassie/Littlest Hobo-type show called The Wandering Cat, he'd just come across a person trapped in a burning car or a kid stuck down a well every week, then chuckle to himself and move on.

Like most humans, I require more validation than cats can offer. If you ever needed an argument against the religious belief that everything on Earth is here for the benefit of man, look no further than Mr. Cat. We've clearly been put here for him. God is a cat.

And an Old Testament God at that: Make no mistake, kitties are killers. Everything they do — the constant cleaning, the claw maintenance, the yarn-based, paw-hand co-ordination training — all done to make them the most efficient instrument of slaughter possible. I can only assume their instinct to lay on keyboards comes from a long history of sending bird and mice families letters of condolence.

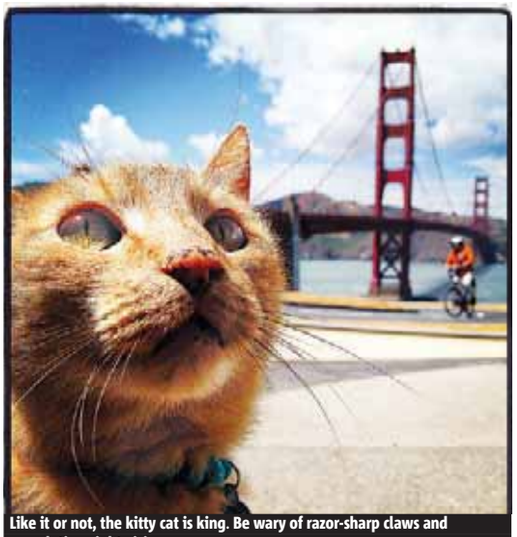
And, fair or not, I've always compared felines to dogs, whose whole purpose on Earth is to a) make clear how incredibly excited they are to know you and b) lick their nether regions with vigour. This probably also had hunting purposes once, but now it's pretty clear the dogs just enjoy crotch cleaning. I can get behind this.

I never gave cats a fair shake, because animal-rights groups say you shouldn't do that. But decades of nuzzles and leg rubs and purrs have reached me, I guess.

I still don't like aggressive cats — Siamese are clearly Satan-Cats — but I don't judge dogs based on pit bulls or humans based on the guy in the bank line picking his nose, so fair's fair.

There was never a Special Moment that put cats in my good books. It just happened, after years of surreptitious scratches behind the ear. It had always irked me that cats want to be in control, but I've decided to let them if it works out in the end.

I've learned to be the bigger pussy. It's what The Wandering Cat has taught me.



Like it or not, the kitty cat is king. Be wary of razor-sharp claws and superlative night vision. JUSTIN SULLIVAN/GETTY IMAGES

Black eye in the night sky

TOURISM QUEENSLAND/THE ASSOCIATED PRESS

Watch the skies

Lights out in Australia

Australia's first total solar eclipse in more than a decade was visible Wednesday. The spectacular event was watched by enthusiastic crowds, with more than 50,000 flocking to Queensland, the site of the best views.

The eclipse cast a 150-kilometre shadow over northern Australia, spreading darkness over the region, lasting over two minutes. METRO

No. 1 eclipse fan

"I was thinking, 'Are we gonna see this?' And we just had a fantastic display, it was just beautiful."

Terry Cuttle of the Astronomical Association of Queensland
Cuttle is the most prominent local eclipse enthusiast. He has witnessed more than 10 of these events.

One more left

This was the third of four eclipses in 2012, down from six in 2011.

- **May 20 – Annular solar eclipse.** The moon partly covered the sun for more than three hours on a path visible from China, Japan and parts of North America.
- **June 4 – Partial lunar eclipse.** Moon partly hidden and turned red by reflected sunlight. The best views were in Western Canada.
- **Nov. 14 – Total solar eclipse.** Travelled back to Nov. 13 as it finished close to the coast of South America. Lasted up to four minutes.
- **Nov. 28 – Penumbral lunar eclipse.** The last eclipse will see the moon partly hidden by shadow and tinged red. Australia, East Asia and Hawaii will have the best viewing positions.

Metropolitan Panel

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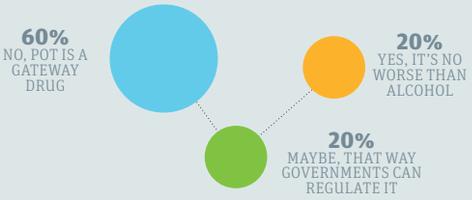
Should Canada follow some U.S. states in legalizing marijuana?



Twitter

@EddieDellaSiepe: If you ever wonder how to fillet a fish just ask the @BlueJays #jays2013 Black Dynamite @ perryblack1

@patrickfdelaney: If this was November 1st, I'd say my moustache was coming along nicely. #Movember

@ptc555: Wow the Trump Tower is already falling apart??? Isn't it like brand new???

@Shashena: looks like the Trump Tower is falling apart already #Toronto

@shekeyfolkstar: I'll believe it when I see a #toronto sports team win something. #itsbeenadroughtfortoolong

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The Food & Wine Expo runs from Nov. 15 to 18 at the Metro Toronto Convention Centre. HANDOUT

Mixology is a skill reborn as vodka enters new territory

Food and Wine Expo. You're it! Tag Vodka hosts a speakeasy lounge at the MTCC

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Once upon a time, all a good bartender needed was a handful of mix recipes and a sympathetic ear. These days, highly skilled mixologists are all the rage with even the most humble watering holes paying close attention to brand aesthetics and flavour profiles.

"The last decade has seen a renewed interest in mixology," confirms Craig Peters, owner and "Chief Vodka Officer" of Maverick Distillery, the three-year-old distiller of Tag Vodka.

There's been a renewed interest in high-end cocktails to the point where executive bartenders are as revered as executive chefs.

Peters, who speaks of vodka the way sommeliers discuss wine, pins the shift on the emergence of flavoured vodkas, a market that's gone from about 40 to 400 products in the last ten years.

"It makes drinks more dynamic," he says noting that vodka is one of the most "mixable" spirits.

"It's a very neutral drink. There's no strong overtone like a whisky."

Along with this newfound sophistication has come a fascination with prohibition culture. Most major cities in North America now boast at least one speakeasy style bar with no sign and an entrance hidden in a dark alley.

Tag, whose distillery is located in Oakville, has hitched its wagon to this trend and will host the Speakeasy Lounge at this weekend's Food and Wine Expo. The lounge is set next to the annual Spiritology Pavilion where reps from different hooch companies roll out their latest products.

Tag's large presence at the show overshadows its rather small role in the marketplace, which Peters describes as "cult-like." But their gluten-free product (it's made from Ontario sweet-corn instead of wheat) fits in perfectly with the locavore foodie aesthetic that's taken over Toronto's bar scene. "The more innovative and hip spots don't want to pour Smirnoff," added Peters.

Food & Wine Expo, Nov 15-18, Metro Toronto Convention Centre, foodandwineexpo.ca

Top talent

The flavoured vodka market has seen explosive growth in the last ten years, to the point where companies are now churning out preposterous new concoctions. "It's gone well over the top," says Craig Peters. Everything from the sweet (cakes, whipped cream) to the savory (bacon) to the weird (peanut butter and jam) is being thrown at the wall to see what sticks. "There's PR behind it and shock value when it hits the market," he says. "They hope these things will get traction and take off." Not to be outdone, Tag plans on launching its own line of Canadian-inspired flavoured products next year.

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Elmo fans unaware of puppeteer's sex scandal

Troubled times. As Kevin Clash's accuser withdraws his allegations and the man behind Elmo comes out as gay, young audiences only care about muppet

Puppeteer Kevin Clash, who plays Elmo, was accused by a man of having sexual relations with him when he was a teen. Clash vehemently denied the allegations and the man retracted them the next day. THE ASSOCIATED PRESS

First, Big Bird became an unwitting player in a presidential debate that argued for clipping his wings.

Then came word that the actor who plays Elmo would take a leave of absence amid an allegation that he had had a sexual relationship with a 16-year-old-boy — an accusation that was withdrawn the next day.

The happy band of muppets on Sesame Street has faced the sort of hot spotlight you might expect for the rowdies of Jersey Shore. Too often, it seems, the show has confronted hairpin detours through the mean streets of politics and scandal.

But the show's producers can take solace in one simple fact: Their target audience remains blissfully unaware that, even on Sesame Street, everything's not always A-OK. And despite the innate curiosity of children, there are many questions not being asked this week by Elmo's most devoted fans.

For instance, kids won't be asking this question, even as their elders raise it: "What made someone accuse Elmo puppeteer Kevin Clash of having sex with him when he was under-age, then recant his accusation a day later?"

Elmo's youngest devotees would instead more likely wonder, "Who is Kevin Clash?" By now, every grown-up who didn't know his name is acquainted with Clash's longtime role in voicing and animating Elmo. And after the tide of media coverage earlier this week, he is recognized as a 52-year-old man who, for the first time, publicly acknowledged he is gay. Clash also swiftly denied that his accuser was under-age when they had their relationship. Sesame Workshop, which produces Sesame Street, said its own investigation bore out his claim that the relationship had been between consenting adults.

Clash had gone on voluntary leave from the show when, Tuesday afternoon, the former lover, now in his 20s, withdrew his charge.

Neither Sesame Workshop nor Clash has said when he might return to the show. But presumably he could be back soon, with his young fans none the wiser.

Until then, their charming fantasy can be preserved that Elmo isn't really a puppet but a living, breathing little red monster. That's because in recent months Sesame Workshop, with Clash's participation, has been working to identify a back-up puppeteer for Elmo. Just as a successor is being sought for Jerry Nelson, who died in August after decades as the man behind Count von Count. Just as an understudy sometimes climbs into the feathered suit of 78-year-old Caroll Spinney, who has played Big Bird for more than 40 years.

And just as all the creations of Jim Henson survived his sudden and untimely death nearly a quarter-century ago.

As fleeting as childhood is — that's how enduring muppet heroes aim to be. Despite the personal artistry involved, a muppet character is meant to transcend the human factor. Or, as the Sesame Workshop statement noted on Monday, "Elmo is bigger than any one person."

THE ASSOCIATED PRESS

The Twitteratti

To judge from Twitter, Elmo was still on many people's minds on Wednesday.

- **Ha!** Posted comments included lots of wisecracks, including jokes tying Elmo to the current real-life scandal of Gen. David Petraeus.
- **Phew!** Others expressed relief that Clash had been cleared.

Gay rights

Can the voice of Elmo continue now that the world knows he's gay?

Now here's one more question kids won't bother to ask: "Can Kevin Clash continue to star as a muppet three-year-old now that the world knows he is gay?"

The only reasonable answer to this non-question would be, why not? Sesame Street is a tolerant place, as are, increasingly, the real-life streets this show prepares its young audience for.

Muppets have even been drawn into the gay rights movement. Remember, an online petition not long ago called for the marriage of muppet flatmates Bert and Ernie.

These chums' sexuality had long been debated by grown-ups with too much time on their hands when, last summer, matrimony was promoted as a way to make gay and lesbian kids who watch the show feel better about themselves. (The marriage could happen, its advocates reasoned, since Sesame Street is theoretically in New York, where gay marriage had just become legal.)

The spirited chatter spurred Sesame Workshop to issue a statement declaring that Bert and Ernie are just good friends created to teach preschoolers that people can be friends with — or, at least, accept — those different from themselves. And oh, by the way (the statement added), Bert and Ernie "remain puppets, and do not have a sexual orientation."

They continue to be puppets and good friends today.

THE ASSOCIATED PRESS

Chipping in to help drink the water again

Sandy recovery effort. Dave Matthews Band to donate proceeds from upcoming concert to superstorm relief in New Jersey

The Dave Matthews Band is giving $1 million to help Superstorm Sandy recovery efforts.

The band announced Wednesday that the Nov. 30 opening show of its winter tour at the IZOD Center in East Rutherford, N.J., will be a benefit concert. All ticket and merchandise sales will go to the Bama Works Sandy Relief Fund, established at the Community Foundation of New Jersey.

Sandy's assault more than two weeks ago created widespread damage and power outages in New Jersey and New York.

The Grammy-winning group will wrap up its tour Dec. 22 in Philadelphia. Tickets are still on sale for the Nov. 30 show, which features Jimmy Cliff.

The Dave Matthews Band released their latest studio album, Away from the World, earlier this year.

It was their eighth studio release, in addition to a number of live albums.

THE ASSOCIATED PRESS

The Dave Matthews Band will donate proceeds from an upcoming concert to the Superstorm Sandy relief effort. GETTY IMAGES

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Working with John Ritter

Salad days

Kaley Cuoco landed a role in a 1992 TV film starring Donald Sutherland. She played Maureen McCormick in the 2000 TV film Growing Up Brady. Along the way, she landed jobs in lots of episodic shows.

But by 2002, she was feeling discouraged. She hadn't worked in a year. Then her agent phoned about a project called 8 Simple Rules for Dating My Teenage Daughter. Reluctantly, she auditioned for the part of the older daughter in a household whose loving but bewildered dad would be played by John Ritter.

Though it turned into a hit for ABC its first season, 8 Simple Rules is remembered mainly as the final project of the beloved Ritter, who died abruptly early in its second year. The show pushed on through a third season, but it never overcame Ritter's tragic absence. "I just adored him," she says, unleashing a stream of memories of how much she learned from him.

"He'd put a potato chip on his shoulder and go, 'Do I have a chip on my shoulder?' And we would just crack up! Working with him showed me that I loved sitcoms," she goes on. "I love silliness. That's who I am at heart, and I know I can do it. If my career path takes me elsewhere, that's great. But comedy is my forte." THE ASSOCIATED PRESS

GETTY IMAGES

Blond gets a bang out of starring on hit nerd show

Funny, not a dummy.
Kaley Cuoco discusses her early life and career, her hit show and why she will always be a comedy gal at heart

"I know this sounds like it's not true," says Kaley Cuoco, "but as huge as the show is, it's just part of my life."

The Big Bang Theory is huge all right. Now in its sixth season (airing Thursdays on CBS at 8 p.m. EST), it reigns as TV's hottest sitcom.

As virtually every viewer knows by now, Big Bang centres on a gaggle of geeky Cal Tech scientists, chief among them Sheldon (Jim Parsons) and Leonard (Johnny Galecki), apartment mates who, by great good sitcom fortune, live across the hall from Penny, played by Cuoco. Penny aspires to be an actress but pays the rent by waiting tables at a Cheesecake Factory.

Unlike the boys, Penny is no genius. But neither is she a dumb blonde, which is key to the genius of Big Bang.

"She's obviously not book-smart," says Cuoco, "but she's street smart and good-hearted and can make fun of herself. The producers never made her ditzy. Maybe she doesn't always get what the guys are talking about. But in that way she represents most of the world."

It was pretty smart to make Penny the "normal" character through whom the audience can enter the abstruse, brainy realm the guys occupy. At the same time, sexy Penny presides as a universal object of desire. Cuoco is totally up to the task of playing such a gal. During a recent mid-afternoon interview, she is hearty, self-possessed, comfortably glam — and funny.

Big Bang co-creator Chuck Lorre, who snagged Cuoco for the show, agrees. "Kaley was born to the form.... There's an instinctive thing with comedy that some people have — an elegance and gracefulness, where no effort is apparent."

But there's effort for Cuoco, and on the job it pushes her to question everything.

"How could it not?" she says. "I wonder, 'Why did I do that line that way?' And I also constantly think I'm fat and hate my teeth. But I've gotten better over the years." She smiles, revealing nothing remotely wrong with those teeth. "It's going to be fine." THE ASSOCIATED PRESS

Portrait of the actress as a young girl

Cuoco talked about her dad, a real estate agent who has weathered tough times, and her stay-at-home mom in Southern California.

- During her childhood, they often had to cut corners. Her voice starts to tremble and her eyes moisten. "It's emotional, 'cause I remember we could never afford that. The show has been the hugest blessing."
- "This year, I'm hosting Thanksgiving and Christmas with, like, 25 people at my house — I can do that now."
- Cuoco grew up happy to be the centre of attention. "I was always very silly and never took myself seriously," she recalls.

Kaley Cuoco says she was never one to take herself too seriously, a trait that has proved very useful in her role as Penny on Big Bang Theory. THE ASSOCIATED PRESS

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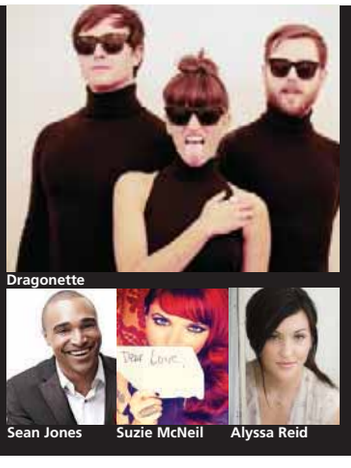

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The agony and the ecstasy of bringing a novel to life

Irvine Welsh. Writer adapts his tale of an aging raver into an aurally-pleasing film

REGAN REID
scene@metronews.ca

Irvine Welsh knows a few things about drugs. The acclaimed author of Trainspotting has spent most of his career writing about illicit substances and those who consume them — and, of course, he's sampled more than a fair share in his day.

In Ecstasy, the latest film adaptation of a Welsh novel, the drug of choice for the fast-talking, free-spirited characters is "the love drug."

"When I used to go out in the '90s and party and DJ and take pills of ecstasy, I could fall in love with half a dozen people in one night in a club," says Welsh. "And then you think, 'Well, that was Friday night and Saturday night, but Tuesday afternoon it doesn't feel quite the same.' "

This is the problem confronting the film's protagonist, Lloyd Buist, an aging raver who has difficulty differentiating between true love and the chemical high he gets from E.

"Falling in love is a crazy confusing time, but with ecstasy thrown into the mix and all that, it just seemed to be such a minefield," he says. "It just seemed to me to be an interesting dilemma to put a character in and see how a character would resolve that."

The film's director, Canada's Rob Heydon, was attracted to the story for different reasons.

"I was a big fan of house music growing up and (I was) going to night clubs at 13 years old. It kind of exposed me to this whole world (that) most people don't see," says Heydon.

Adapting Welsh's The Undefeated — one of three novellas that make up Ecstasy: Three Tales of Chemical Romance — offered Heydon the opportunity to bring this underground club life to a mainstream audience. But in order to make the rave scenes feel authentic, Heydon had to invest heavily in the film's soundtrack.

"There are 51 tracks in the film and we almost ran out of money while we were making it," says Heydon. "I had to let go of the post-production supervisor, because we couldn't afford to pay him and get the music."

But the result is a soundtrack that plays as big a role in the film as any of the lead characters. On the topic of characters, Welsh admits that seeing his creations on film alters his own perception of them.

"It's always very emotional when actors bring your characters to life," he says. "I can't pick up Ecstasy without thinking about the characters in the movie. It's like they completely colonize my mind," he says.

In fact, before writing Skagboys, the prequel to Trainspotting, Welsh said he had to re-read his own novel to rid himself of the film's famous faces.

To date, Trainspotting is the most successful and critically acclaimed adaptation of Welsh's work and Heydon knew that differentiating his film would be difficult. "The Trainspotting film and The Acid House kind of cast a huge shadow over a project that really has to stand out on its own," he says.

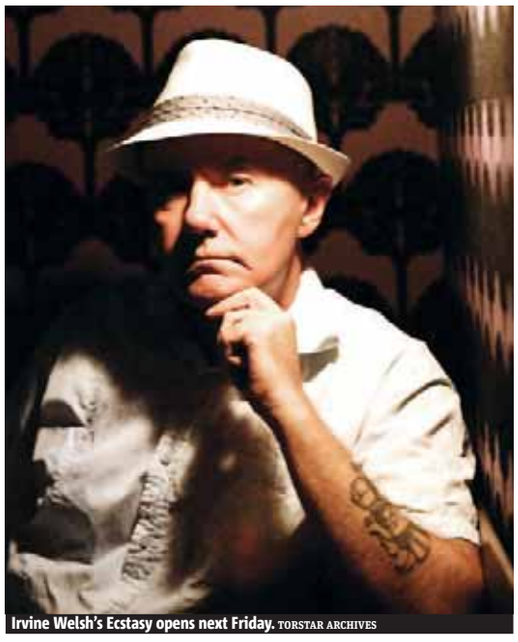
The weight of those films made writing the screenplay particularly difficult. "A lot of time and energy goes into working on a screenplay," he says.

"Sometimes you'll spend a day just on a page, working out how you'll condense a chapter from a book into a page, what's the right dialogue and what's the right temper, what's the right tone and how do you convey those emotions in such a little amount of space."

"It's really an art. It's difficult to do."

Heydon is now taking a break from writing after working for "years and years and years" on Ecstasy — for his next few projects, he'll stick to producing.

As for Welsh, he's not done telling the drug story just yet. He recently produced the upcoming film, Filth, based on his 1998 novel about a detective with a cocaine habit.



Irvine Welsh's Ecstasy opens next Friday. TORSTAR ARCHIVES

Quoted

"It's always very emotional when actors bring your characters to life"

Irvine Welsh on watching film adaptations of his works

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Hey Jude, it's not so bad — take repression — and make it better

Anna Karenina. Jude Law talks about being cuckolded and playing a man who's never been in touch with his feelings

NED EHRBAR
Metro World News in Hollywood

In Joe Wright's imaginative take on Anna Karenina, Jude Law turns in a career-best performance as Alexei Karenin, the cuckolded husband of Tolstoy's titular heroine (played by Kiera Knightley). In our exclusive video, Law talks to Metro World News about playing repressed — and how his character is definitely not a wife-beater.

I wanted to first of all talk about how you take on a character who's so... I wouldn't say "repressed," but...
No, repressed is right (laughs).

You're keeping every emotion inside. Is that frustrating to play?
No, because the frustration when you're playing a part is not feeling that you're getting the right support or information from the director, and Joe [Wright] was really clear, and we talked endlessly in preparation about his repression and his severity and also his almost introspection. He's a man who thought his way through life and didn't feel. Like, he had to thaw his heart in order to understand what it was going through once this affair began and dragged him into the world of feeling, you know? There were strict rules, if you like, that I applied to myself. And when you're given such a bold and visual universe to play in, such as the one that Joe created for us, that can sometimes be very straightforward. You apply them, you stick to them and you hope that people find something whole and real in it.

Anna Karenina opens in theatres November 30. HANDOUT

Can you give me some examples of those rules?
I liked the idea that he followed only straight lines. Everything stayed together. I tried to almost minimalize use of facial expressions. I didn't want him to raise his voice. So there were scenes of huge emotion and anger, but I think if you listen he never raises his voice once. And there's a stillness to him — apart from the knuckle-cracking, which is his sort of one expression of irritation and frustration.

Exclusively online

- **Watch.** Metro's Ned Ehrbar chat with Jude Law at metronews.ca/scene

That became terrifying by the end of the movie.
Did it? Someone said to me, yeah, yesterday they thought that when I cracked my knuckles I was going to hit her. I was like, this guy is barely alive. He's not about to hit his wife.

Were you actually cracking your knuckles, or was that all foley?
I was initially. Take four, they weren't making much noise, so a lot of it is foley.

Well, you have to let them build back up again.
That's right.

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Flurry of anniversary activity for Stones

New products. The Rolling Stones won't rule anything out as they kick off a number of releases surrounding key date

The Stones won't rule anything out as they keep on rolling. HANDOUT

The official line is "we'll see." But the Rolling Stones seem in such fighting trim, clear-eyed and focused, that it's hard to believe there's not more cooking beyond the current flurry of activity surrounding the band's 50th anniversary.

The archetypal rock 'n' roll band is booked for five concerts in London and the New York area over the next month, the last one a Pay Per View event. The Stones on Tuesday released yet another hits compilation with two new songs and HBO is premiering a documentary on their formative years, Crossfire Hurricane, on Thursday.

"Without saying yes or nay," Keith Richards said in an interview this week, "once this starts rolling, I can't see it stopping. The band feels good about themselves, they still feel they've got something to offer. Obviously there are a lot of people out there who agree. We'll go along with it."

Fifty years is hard to fathom ("It's impossible," Keith cackles. "I'm only 38.").

The Rolling Stones have been through death, defections and addictions, through classic discs like Exile on Main Street and Some Girls and forgettable ones, and are still operating with Richards, Mick Jagger and Charlie Watts. Ron Wood, the new guy, joined in 1975.

"I thought it would be kind of churlish not to do something," Jagger said. "Otherwise, the BBC would have done a rather dull film about the Rolling Stones."

Fifty days was a better yardstick when Watts first set up his drum kit.

"It was quite normal for a band to last a month," he said.

The Stones formed in London in 1962 to play Chicago blues, led at the time by the late Brian Jones and pianist Ian Stewart, with boyhood friends Jagger and Richards. Bassist Bill Wyman and Watts were quick additions.

Quote

"Anybody who thinks that doesn't know the band."

Keith Richards
Talking about the Rolling Stones dark sense of humour

Anniversaries usually aren't big on the band's agenda, but Richards said the Rolling Stones felt external pressure to mark this one.

"This band is famous for not obeying the rules and bowing to pressure or anything," Richards said. "But over the course of the year we felt more and more aware that there are folks out there counting on us. You can't let them down. At the same time, you realize that the folks are right. Playing together over the last five months you realize that there's this thing out of your life that's been missing."

They spent several weeks in Paris rehearsing five hours a day for their concerts, including two dress rehearsals before audiences in a club and theatre. To mark the occasion, the band has dug back into its catalogue for songs like I Wanna Be Your Man and The Last Time, although Richards held the line at resurrecting their first single, the Chuck Berry cover Come On.

Jagger didn't want the band to take on too much, "but I thought it was important to do some sort of a show, even if it was just a club gig."

The band's periodic sabbaticals sometimes stretch so long that Rolling Stones fans can't help but wonder whether it's all over now. The most recent time out lasted five years. If anyone threatened to make it permanent it was Richards, always the most protective and romantic about the band, because of his bestselling autobiography that took some shots at his songwriting partner Jagger. Richards dismissed the idea that it created a barrier.

"Anybody who thinks that doesn't know the band," he said. "This band's sense of humour is basically built upon insulting each other. I'm not saying there wasn't an issue here and there, but it's really water off a duck's back ... You cannot offend a really good friend. I happened to put it in print and everybody else was saying, 'Oh, my God.' I thought it was fairly mild."

THE ASSOCIATED PRESS

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TwiHards, test your vampire knowledge

MICHELLE CASTILLO
Metro World News in New York

1. For their honeymoon in The Twilight Saga: Breaking Dawn: Part 1, Edward takes Bella to Isle Esme. What is the real name of the closest Brazilian town where the scenes were filmed?
A) Ilhabela, Ilha de Sao Sebastiao in the Brazilian state of Sao Paulo
B) Paraty, Costa Verde in the Brazilian state of Rio de Janeiro
C) Breves in the Brazilian state of Para
D) Sao Jose de Ribamar, Sao Luís Island in the Brazilian state of Maranhao

2. Carolina Herrera designed Bella's wedding dress for the movie. How many buttons are on the back of the dress from the top to the hemline?
A) 107
B) 235
C) 730
D) 152

3. Who was Stephenie Meyer's first choice to play Edward Cullen?
A) Henry Cavill
B) Ryan Gosling
C) Chase Crawford
D) Zac Efron

4. What is the name of the beer that Charlie drinks in Twilight?
A) Rainier Beer
B) Pike Beer
C) Pyramid Ale
D) Red Hook Pilsner

5. What are the main differences between the Cullen family crest in the film and the Cullen Coat of Arms in real life?
A) There's a lion and no sheaf of wheat on the movie crest.
B) There's a lion and no sword on the movie crest.
C) There's a lion and a lamb on the movie crest.
D) There's a lion and a fleur de lis on the movie crest.

It's time to bid adieu to Edward and Bella. HANDOUT

Answers

1. B
2. D
3. A
4. A
5. A

- **0 right.** You call yourself a fan?
- **1-2 right.** You might have intimate vampire knowledge, but don't expect to join the family anytime soon.
- **3-4 right.** It's time to get out of the movie theatre and into the great outdoors. You're starting to sparkle in the sun.
- **5 right.** Scarier than the Volturi, you are.

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Tonight 9.00
Special guest Kate Hudson stars in tonight's episode of Glee
Global
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Dealing with the pressures of young fame

Twilight. With the release of the final film, the stars look back on how the personal costs of fame have affected them

Taylor Lautner, left, Kristen Stewart, Stephenie Meyer, and Robert Pattinson get to go back to a normal life as Twilight ends. MATT SAYLES/THE ASSOCIATED PRESS

Kristen Stewart and Robert Pattinson sit side by side on a sofa at the Four Seasons hotel, discussing the end of the five-film project that made them famous and brought them together.

Twilight rocketed both to superstardom, and their real-life romance only propelled them further. With Friday's release of the final film in the franchise, The Twilight Saga: Breaking Dawn — Part 2, the young actors bid farewell to the worldwide fantasy sensation, but not to the tabloid attention they garner wherever they go.

Dedicated Twi-Hards were devastated when Stewart admitted in July to cheating on Pattinson in a "momentary indiscretion" with her married Snow White and the Huntsman director. Bella and Edward, er, Stewart and Pattinson briefly split, which not only threatened to jeopardize marketing for the final Twilight film, but unraveled the real-life element of the vampire love story.

Now reunited, the pair finish each other's sentences during a recent interview as they talk about how much their lives have changed since the first Twilight movie was released in 2008.

"After the first one, I mean, it's a different world you're living in," says Pattinson, 26.

"Also, we're at that stage of life when things are shifting anyway," adds Stewart, 22, who was just 17 when she first played Bella Swan.

Global fame makes growing up challenging, they say, acknowledging they've become more insular.

"It's a really weird thing because you kind of have to hide," Pattinson says, "and hiding really destroys the thing which, for one thing..."

Stewart interjects: "That fuels you as an actor."

"Yeah. It destroys your fuel," he continues, "and also it destroys — you get to the point where you start to lose interest in things because you spend so much time..."

"Guarding," Stewart says.

"Yeah, and that's your world," Pattinson says. "Your world gets smaller. There's a massive contraction. And the weirdest thing is the more you contract it, the more the (public) interest goes up. It's so crazy. There's no way around it. You're either on a 24-7 reality-TV show, or people think you should be."

"No, it's hilarious," Stewart says, not looking like she finds it very funny. "Either way, people are like, 'Ugh. Famewhores.'"

But she has wanted every Twilight film to be successful and knows it's not popular to complain about the personal costs of fame.

Director Bill Condon, who began working with Stewart, Pattinson and Taylor Lautner in 2010, says the young megastars understand the pressures of the spotlight.

"They appreciated the good stuff about it, they were able to kind of glide through the stuff that wasn't so good, and, really, they're three very grounded human beings who really just, I have to say, matured into better versions of themselves," Condon said.

THE ASSOCIATED PRESS

Quoted

"Your world gets smaller. There's a massive contraction."

Robert Pattinson
Talking about the price of fame.

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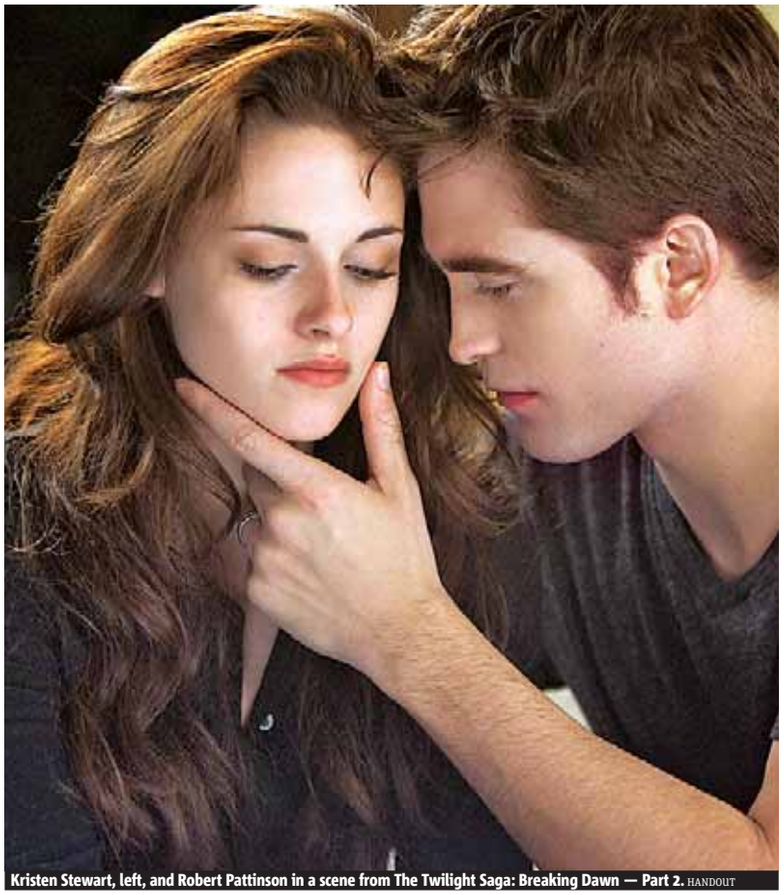

Kristen Stewart, left, and Robert Pattinson in a scene from The Twilight Saga: Breaking Dawn — Part 2. HANDOUT

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Country's Clark walks the line on new album

She hearts Reba.
Singer says covering dearly beloved songs on her new album Classics was a balancing act

Growing up in Medicine Hat, Alta., as a Prairie teen with Nashville dreams, Terri Clark focused much of her admiration on one country-music idol: Reba McEntire.

Clark was quite literally a member of McEntire's fan club, obsessing over the flame-haired starlet's country catalogue while nurturing her own musical ambition. Heck, when she thinks back on her favourite Christmas gifts, one of three that comes to mind is the McEntire T-shirt her mother tucked under the tree one year — the others being her first guitar and a live album by Barbara Mandrell.

Clark still has that T-shirt — though it's worn to the point that it looks "as thin as a piece of toilet paper" and it had the midriff sliced off after Clark got "the Shania Twain" idea a few years back.

And she actually had the opportunity to offer the shrivelled memorabilia up in person to McEntire when the country legend came around to record a new version of her 1984 smash How Blue for Clark's new covers collection, Classic, which hit stores this week.

Keep it together

"I felt like my grandparents and my mom were in the room for a lot of it ... It's a labour of love and it's a testament and tribute to my roots and family."
Terri Clark, on using samples of her grandparents' voices on her new disc

Terri Clark is the only Canadian female member of the Grand Ole Opry, the historic venue that doubles as an exclusive, de facto country hall of fame in Nashville, Tenn. THE CANADIAN PRESS

"Most people would've made (that shirt) into a cleaning rag — I looked at Reba and I said, 'You want it?' And she said, 'No thank you,'" laughed Clark.

"Yeah, I was crazy about Reba McEntire and still am."

Clark's project carried other opportunities for similar instances of wish fulfillment.

The 44-year-old Clark collaborated with Tanya Tucker (interpreting the star's own iconic 1972 hit Delta Dawn), Dierks Bentley (on George Jones & Tammy Wynette's Golden Ring), Jann Arden (for Patsy Cline's Leavin' On Your Mind) and Dean Brody (Hank Snow's I'm Movin' On.)

Clark knew that she had a slim margin for error with songs so well-loved — especially considering she was, in the case of McEntire and Tucker, collaborating with the very people who made those songs famous.

"That's a fine line to walk because you don't want to piss off the people who loved the original — 'What did she do? You've ruined my favourite song!' — but I haven't heard that from one person, and there's a lot of people on social media who are very honest," she said, laughing.

A collection of covers might seem less personal than original material, but Clark's roots with these songs run deep. The first voice to crackle through the speakers belongs to her grandmother (who, along with Clark's grandfather, opened shows for Jones and Johnny Cash on the Montreal club circuit), and the influence of her supportive mother, who died in 2010.

Clark knows that young fans weaned on the pop-infused, arena-geared sounds currently dominating country radio might not be well-versed in some of the dog-eared classics represented here, including songs originally performed by Kitty Wells, Merle Haggard and Loretta Lynn.

So she tried to compensate for that with a roomy production (featuring the same cast of musicians for the entire album) that would allow these classics to sound current.

"I want people, younger people, to be exposed to music they maybe haven't heard before."
THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Donald Trump. ALL GETTY IMAGES

Donald Trump continues to address the big issues

Offering his thoughts on the presidential election — and how the U.S. is in need of a "revolution" — isn't apparently enough for Donald Trump, who's now using his Twitter account to weigh in on other weighty matters. For instance, when it comes to Twilight co-stars Robert Pattinson and Kristen Stewart and their recent reconciliation, Trump apparently has little faith in Stewart's fidelity.

"After Friday's Twilight release, I hope Robert Pattinson will not be seen in public with Kristen," Trump wrote. "She will cheat on him again!"

The tweet immediately drew the ire of the Twilight fan base, so Trump next took his case directly to Pattinson, with a tweet.

"Robert, I'm getting a lot of heat for saying you should dump Kristen — but I'm right."

The Word

Elmo puppeteer cleared of accusations

The 23-year-old man who claimed he was only 16 when he had a sexual relationship with Elmo puppeteer Kevin Clash has recanted his claim, according to the Los Angeles Times.

The unidentified accuser "wants it to be known that his sexual relationship with Mr. Clash was an adult consensual relationship," a statement from his attorney reads.

Clash had taken a leave of absence from Sesame Street when the allegations made headlines earlier this week.

"I am relieved that this painful allegation has been put to rest," Clash says in a statement. "I will not discuss it further."

The same goes for Sesame Workshop, the company behind the long-running children's show.

"We are pleased that this matter has been brought to a close. We are happy that Kevin can move on from this unfortunate episode," the company's statement reads.

Twitter

@TheEllenShow
The guys from @OneDirection told me what they're looking for in a girlfriend. I had 5,000 applicants ready.

@ChristianSlate4
I'm just quietly living my life. Watching the roomba suck up all the cat hair.

@oliviawilde
Note: don't over-indulge at the Meatball Shop just so you can ask the waiter how he likes his balls eaten.

@ConanOBrien
Fall is in the air. No wait, that's car exhaust. Still, it's a more autumnal-smelling car exhaust.

Brad Pitt and Angelina Jolie

Pitt and Jolie shut down restaurant for their kids

Brad Pitt and Angelina Jolie know how to show their kids a good time when they visit Pitt's parents and it involves letting them run wild at local restaurant Arris' Pizza, according to Us Weekly. "The place shuts down for the entire night and the kids raise a ruckus. They jump on tables and even throw food at each other," a source says, adding that Pitt and Jolie like to leave the nannies at home and "let the kids enjoy themselves" for the evening. "Brad and Angelina just sit there and talk to one another while the children run around in circles."

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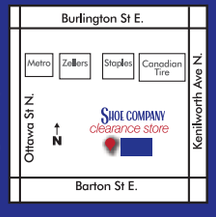

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Left to right: A wine-soaked pout from Chanel's new holiday campaign, Rihanna's must-copy dramatic lip at Victoria's Secret and burgundy looks nailed by Naomie Harris and Sara Blomqvist.

Burgundy boom

Beauty. Shades of Merlot and oxblood are a runway-endorsed beauty trend. But it was Rihanna's recent performance at the Victoria's Secret show that has us really craving a dark lip.

ROMINA MCGUINNESS
life@metronews.ca

Choose the shade to best flatter your skin tone

This bit of advice will keep you from looking like a washed out Goth. "If you have very light skin, avoid a dark burgundy. It's too heavy on the face," says makeup guru Tanya Burr, who is most known for her YouTube tutorials on how to re-create celebrity looks.

"People with olive complexions can pull off darker shades because it won't be such a shock against the skin. And for dark skin, vibrant shades of burgundy, such as MAC's lipstick in Rebel, are most flattering," she adds.

Avoid textures that are too matte or too glossy

It's not just the shade of burgundy you need to get right, but the texture. "Completely matte, dark lipsticks look too heavy," Burr says. "And ones that are too glossy are really hard to work with because they end up all over your teeth." Go for a satin, creamy finish for the best results.

Balance a heavy lip with a subtle, smoky eye

Balance is the operative word here. "Because burgundy lips are so heavy, you don't want to go full-on, applying lots of dark eye makeup," Burr says. "On the other hand, I wouldn't wear a naked eye either because otherwise the eyes and the lips will be really unbalanced. Don't think, 'I'll just put on mascara.' You'll have no definition on the eyes and be all lip," she adds. Instead, she recommends trying a subtle, soft brown smoky eye as a way to round out the drama of the lip.

Shades of red

Chanel
Rouge Allure Luminous Intense Lip Colour in 108 Déterminée
$34, chanel.com

Revlon
Super Lustrous Lipstick in Black Cherry,
$8, revlon.com

MAC
Lipstick in Rebel,
$15, maccosmetics.com

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@Jeanne_Beker: Check out exquisite aboriginal beadwork of Tammy Beauvais in Kahnawake @ Manitobah mukluks @EtalkCTV

@Jeanne_Beker: Couldn't leave @Denis_Gagnon boutique on Rue St. Paul without buying one of his divine coats!

@Jeanne_Beker: At Huntsville Summit Centre, where my childhood dreams have come true. .My very own dressing room!

@Jeanne_Beker: Graphic fever! @Escada on Bloor St, being fit for the big Zareinu fund-raiser fashion show Nov. 20th

The Kit

Canadian street style

Spotted in: Ottawa

Megan
Stylist at Holt Renfrew
Age: 20

What she's wearing
Gap top, BCBG skirt, Tory Burch purse, Cole Haan shoes.

Her inspiration
"You know what? I'm a fan of a classic silhouette. My style is pretty yet classic."

THE KIT PHOTOBLOGGER: JUSTYNA BARANIECKI, CHAMELEONIC.COM

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Rock the Baroque

From the latest film version of Anna Karenina to the runways, Baroque couldn't be trendier. We pick out the best pieces for every budget.

RICHARD PECKETT
life@metronews.ca

Not to put you off the Baroque trend too early, but this is a flamboyant look. Swirling curlicues, paisley prints and intricate embroidery — it's one for the wannabe Count Vronskys (like Aaron Johnson pictured below in Anna Karenina) or thespians among you. That said, it's by no means fancy dress, not in the literal sense anyway. It's easiest to wear as an accent piece, especially when teamed with winter's ubiquitous black and grey staples.

Count Vronsky spies the Baroque trend.

Zara

Geometric print shirt; $60, zara.com

Gucci

Flower-patterned velvet trousers; $595, mrporter.com

Drake's

Intricate medallion print wool-and-silk handkerchief in gold and brown; $95, drakes-london.com

Duchamp

Roc Baroque floral tie; $150, duchamplondon.com

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Don't mess with the little black dress

The ABCs of the LBD.
Put the best fit first when it comes to selecting that sexy and sophisticated gown

The little black dress may be a wardrobe staple for many women, but the chic classic can quickly become a fashion don't if women select an LBD style ill-suited for their frame.

Toronto-based personal stylist Lisa McLatchie, founder of Practical Fashionista, said she actually tries to encourage clients to go for a different kind of LBD, a little 'basic' dress.

If someone looks great in magenta or yellow, there's no reason they couldn't have a go-to dress in their preferred shade — something that speaks to their personality, personal style and skin colouring, she noted.

"The whole idea behind the little black dress is that it's versatile and that you can dress it up and dress it down depending on the occasion or your mood that day," McLatchie said. "It's easier to stick with a solid-coloured dress for that purpose.

But regardless of the style, colour or pattern of the garment, McLatchie said the main thing she tells women is to focus on the fit first — and the rest will fall into place.

She offers a breakdown by body type on how women can select an LBD to best flatter their figure:

Love her or hate her, it's undeniable that Jennifer can rock a little black dress like few others on the red carpet can. GETTY IMAGES

Hourglass

Characteristics:
Typically, shoulders and hips are visibly the same width; smaller, defined waist in proportion to their hips and upper body.

McLatchie said women with hourglass shapes should focus on choosing dress styles which highlight their waist. Lower necklines or V-neck styles help bring attention to the waist by drawing the eye down, and bust-enhancing necklines help, too, like sweetheart, scoop neck or bustier styles.

Belted or wrap dresses are also great for the hourglass shape as well as anything with a bit of a soft drape.

"You don't want to put them in anything too stiff, because that's not going to accentuate their curves and their ideal body shape."

Triangle

Characteristics:
Shoulders are quite narrow in comparison to fuller hips and thighs; tend to have a defined and narrow waist.

McLatchie said the emphasis for women with a triangle shape is to focus on their defined waist, so she suggests shaped or belted styles.

The idea is to keep the eye up for this particular body type, so choose styles with lighter, brighter or busier details on top rather than on the bottom, she noted. That could include sequins, a brighter pattern or distinct details or embellishments on the shoulders, such as studding.

McLatchie also recommended women with this body type go for necklines that help to widen the shoulder area so it creates more of a balance with the lower half. She suggests trying square neck, boatneck, scoop neck or bustier styles.

Shine at any time

"The whole idea behind the little black dress is that it's versatile and that you can dress it up and dress it down depending on the occasion or your mood that day."
Lisa McLatchie
Founder of Practical Fashionista

Inverted triangle

Characteristics:
Shoulders are visibly wider than hips; narrow hips, straight waistline.

McLatchie recommends styles that are lighter, brighter or busier on the bottom of the garment rather than the top, such as those with details or banding around the hem. Shaped or belted styles will help to give the illusion of a waist because this particular body type doesn't have much of a curved waist, she noted.

McLatchie said any sort of style with a fuller bottom — lots of material or volume on the lower half — helps to balance out the top half.

Wide straps and halter necklines help with this body type because it helps narrow out the upper body. She also recommends selecting dresses with soft, drapey fabrics.

THE CANADIAN PRESS

One-shoulder dress, $42.50, Costa Blanca

Bow dress, $149.99, David Dixon for Sears

Strapless dress with sequins, $62.50, Costa Blanca

V-neck dress, $129.99, David Dixon for Sears

What's new with the LBD?

Costa Blanca head buyer Samantha Peppler said the retailer focused on taking a classic silhouette and incorporating trends of the season in its new range of LBDs.

- The latest looks include peplum dresses with cutouts and a one-shoulder lace dress with a nude underlay. Sleeveless, sweetheart numbers, one-sleeved half halters and cap-sleeved dresses are also among the diverse array of offerings putting a twist on the LBD.

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FORD TOUGH

PICKUP TRUCKS HAVE NOW BECOME FASHION STATEMENTS

Ford F-150

Ford Explorer

Ford Escape

Trucks were once rolling toolboxes that you filled to the brim with shovels and bricks. Honestly, the idea of filling a new F-150 with bricks, or scuffing up the box in any way, makes us a little queasy, even if that's sort of the point of a pickup.

Many are pampered playthings that can cost more than a Lexus. The simple fact is that all of the domestic pickups are great trucks, so the automakers need to appeal to your sense of style.

For 2013, Ford is betting that a sharper-looking F-150 and reintroducing the full-lux Limited trim will bring even more customers through the door.

All models get new trim-specific front grilles, bumpers and wheel designs, but the Limited sure is a head-turner. Available only as a SuperCrew four-door cab, the body-colour mouldings, bright-work and 22-inch wheels are set off by segment-first high-intensity-discharge headlights.

BASE PRICES (INCL. DESTINATION)

EXPEDITION: FULL-SIZE SUV; $48,750
EXPLORER: MID-SIZE SUV; $31,300
F-150: FULL-SIZE PICKUP; $21,550
F-SERIES SD: FULL-SIZE PICKUP; $37,050

The interior is highlighted by heated and cooled red and black leather seats, aluminum trim and piano black accents that complement the new MyFord Touch screen on the dash. Limiteds are exclusively powered by the popular 3.5-litre "EcoBoost" twin-turbo V6 with 365 horsepower. Those wanting traditional V8 power are spoiled, with 5.0-litre or 6.2-litre options readily available in most other trims. In fact, the 411-horsepower, 6.2-litre V8 is standard on the F-150 SVT Raptor 4x4, which is inspired by Ford's participation in off-road desert racing.

What, not big enough or tough enough? Not content with having the most powerful and probably the most capable heavy-duty pickup around, for 2013 Ford is aiming its Super Duty trucks toward the higher end of the market (told ya). A fully loaded GMC Sierra HD 3500 with the ubiquitous Denali package starts well north of $60,000 and climbs higher very quickly. Ford's reply is adding a Platinum trim to the SD line with unique styling, different 20-inch wheels, chrome slathered everywhere, while the inside features wood trim and high-grain leather cover nearly every surface.

Niceties include standard power-adjustable pedals, a rear-view camera, remote start and power telescoping mirrors.

– wheelbasemedia.com

WHITEOAK FORD LINCOLN

2012 F150 SUPER CREW XLT 4X4
5.0L V8 FFV Engine, 17" Aluminum Wheels, Power Windows, Power Door Locks, Air Conditioning, Sat Radio, 6 speed Automatic Transmission, Cruise Control, Stability Control.
$27,288 + HST
-$1,000 Loyalty/Conquest Incentive
SALE PRICE $26,388 + HST
OR $280 + HST per month 7.29% Lease APR with $2998 Down

2013 ESCAPE SE FWD
1.6L GTDI Ecoboost, 6 speed automatic transmission, power windows, door locks & mirrors, keyless entry, ABS with Stability Control, SYNC package, Sat Radio, heated seats, air conditioning.
$26,288 + HST
-$1,000 Loyalty/Conquest Incentive
-$750 Winter Safety Package Credit
SALE PRICE $24,728 + HST
OR $232 + HST per month 1.99% Lease APR with $2998 Down

2013 EDGE SEL FWD
3.5L V6 Engine, 18" Aluminum Wheels, Heather Leather, Panoramic Vista Roof, Rear-view Camera, SYNC, Navigation, Reverse Sensing, Power Windows, Power Door Locks, Air Conditioning, Stability Control, Sat Radio.
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GMC Terrain Denali

BLENDING LUXURY, UTILITY

The GMC brand is a bit at odds with itself in that it blends a measure of luxury and prestige (softness) along with ruggedness. How/why it's perceived as being more of workhorse than Chevrolet, yet more Friday-night urban is a bit of a mystery.

Take the Terrain, which is GMC's entry-level small sport-utility vehicle. The GMC badge automatically gave it credibility as a more rugged piece than the equivalent Chevrolet Equinox, while also providing a more upscale experience. Proof? The ultra-luxurious Denali sub-brand is now available on its smallest vehicle. More chrome on the broad grille and exhaust pipes, satin touches, unique lights, and body-coloured fascias and rocker mouldings highlight the exterior, while softer leather on the seats, doors, and steering wheel, along with "smoked" mahogany inserts differentiate the cabin from lesser trims.

However, unlike other Denali models, the Terrain version can be had with either the standard 182-horsepower, 2.4-litre four-cylinder or the new 301-horsepower, 3.6-litre V6. Despite the latter's big bump in power and torque, it has the identical 12.4/8.1 l/100 km rating as the older 3.0-litre unit. All Terrains get six-speed automatic transmissions and both engines can be had with front- or optional all-wheel-drive. Towing capacity for the four-cylinder is 680 kilograms, while the V6 is rated for 1,500.

Sierra HD trucks wearing the Denali badge as well as the rest of the Sierra HD lineup in regular-, extended- and crew cab styles can be had with a 360-horsepower, 6.0-litre V8 or the 6.6-litre turbo-diesel (preferred by the vast majority of Sierra HD purchasers) that kicks out 397 horsepower and 765 pound-feet torque. Both engines are mated to six-speed automatic transmissions.

To keep the popular eight-passenger Acadia from falling behind the German and Japanese competition, and in response to new homegrown rivals such as the Ford Explorer and Dodge Durango, GMC has given its big wagon a dose of attitude. The squared-off front end takes inspiration from the smaller Terrain and uses neat LED accent lighting in the new headlight clusters. New LED taillights, wraparound glass and a spoiler freshen up the rear end.

The interior gets nicer plastics and leathers, highlighted by a new colour touch-screen with optional navigation. All Acadias come with either seven or eight seats and lots of room behind the third row for cargo. – *wheelbasemedia.com*

GMC Acadia

BASE PRICES (INCL. DESTINATION)

ACADIA: MID-SIZE SUV; $40,100
SIERRA: FULL-SIZE PICKUP; $28,250
SIERRA HD: FULL-SIZE PICKUP; $37,600
TERRAIN: COMPACT SUV; $29,900
YUKON: FULL-SIZE SUV; $51,200
YUKON DENALI: FULL-SIZE SUV; $75,000 (2012)

GMC Acadia Denali

GMC Yukon Denali

GMC Yukon

GMC Sierra

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- Dual-zone Automatic Climate Control and 6-way Power Driver Seat
- Sierra Works, Tows and Hauls on Regular Fuel

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2012 GMC MODEL YEAR END EVENT

2012 ACADIA

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HARD-CHARGING RAM

BASE PRICES (INCL. DESTINATION)

RAM 1500: FULL-SIZE PICKUP: $28,500
RAM HD: FULL-SIZE HEAVY-DUTY ONE- AND THREE-QUARTER PICKUPS: $32,000

If fuel economy, or lack thereof, killed the mid-sized Dakota, the Ram Boys aren't about to let that happen to the Ram 1500.

Its one big weak spot, fuel consumption, has been rectified for 2013 with Chrysler's ever-popular 3.6-litre V6 that bumps the ancient 3.7-litre V6 out of the engine bay. Horsepower climbs 42 per cent to 305 from 215 and fuel performance similarly improves to 11.4 l/100 km city and 7.8 highway, compared to 15.0/10.0. That's a huge difference.

The Ram also gets a new eight-speed automatic transmission that will also be attached to the 395-horsepower, 5.7-litre "Hemi" V8. This engine shut down four of its eight cylinders when not needed, such as at under light-load conditions or when headed downhill. A dash-mounted rotary shifter replaces the traditional column and console shifter. Returning is the 4.7-litre V8 rated at 310 horsepower. It's linked to a six-speed automatic.

For 2013, Rams get further fuel-reduction assistance including stop-start technology that turns off the engine at rest, then instantly fires it up again once the brake pedal is released. Electric power steering cuts parasitic power losses. Subtle aerodynamic body improvements and active grille shutters help, too. Optional is an air suspension with load levelling and five height settings, one of which drops the body at highway speeds by 1.5 centimetres to cut the wind a bit better. Finally, a new thermal management system is designed to quickly get the Ram's crankcase oil and other fluids up to operational temperatures, which assists in conserving gas.

The Ram 2500 and 3500 series pickups have upped the stakes with the optional Cummins turbo-diesel that's available in bad, badder and baddest grades for 2013. The tamest of the 6.7-litre inline six-cylinder powerplants is rated at 350 horsepower and 660 pound-feet of torque, while the intermediate version pushes those numbers up to 370 horsepower and 800 pound-feet. For maximum thrust and grunt, the 385-horse unit lays down a mind-numbing 850 pound-feet of torque.

The Cummins can be matched to a six-speed manual transmission (the only shift-it-yourself in its class), or a six-speed automatic. The result is a truck that can haul and tow an inordinate amount of whatever you have; up to 7,730 kilograms of trailer weight and up to 820 kilograms of tongue weight using a conventional Class V hitch. *– wheelbasemedia.com*

BEAUTIFUL ROLLING SCULPTURE

HYUNDAI SANTA FE

Hyundai Santa Fe

Some of the hottest styling comes from the sketch pads at Hyundai. Just look at the new Santa Fe. Hyundai has gone from building cars that people on a budget had to buy, to beautiful rolling sculpture that you just have to buy.

The Santa Fe wagon is available in five- and seven-passenger sizes. The shorter-wheelbase five-passenger Santa Fe Sport arrives first, followed by the longer (by 22 centimetres) seven-passenger Santa Fe in early calendar 2013. The bigger Santa Fe is heftier than the Sport by more than 150 kilograms, which explains why it's only available with a 290-horsepower, 3.3-litre V6 that replaces the previously optional 274-horsepower, 3.5-litre V6.

Conversely, the Sport comes with a base 190-horsepower, 2.4-litre four-cylinder, or optional 264-horsepower 2.0-litre turbocharged four-cylinder. In all cases the only transmission is a six-speed automatic with manual shift controls.

Hyundai will let you add its latest all-wheel-drive setup with any Santa Fe you select. The system includes Torque Vectoring Corner Control (TVCC) that monitors driving conditions and can instantaneously direct the correct amount of power or braking force to any single wheel.

TVCC assists in slippery conditions and provides added precision when negotiating turns.

BASE PRICES (INCL. DESTINATION)

SANTA FE: COMPACT SUV; $28,250
TUCSON: COMPACT SUV, $21,750

The Santa Fe features plenty of standard content plus unexpected treats, including Driver Selectable Steering Mode with Normal, Comfort (reduces steering effort by 10 per cent) and Sport (increases effort by the same amount) settings.

Turbo models add performance suspension components (stiffer shocks and stabilizer bars), 19-inch wheels (17s are standard), fancier gauge cluster, push-button start and heated front seats.

– wheelbasemedia.com

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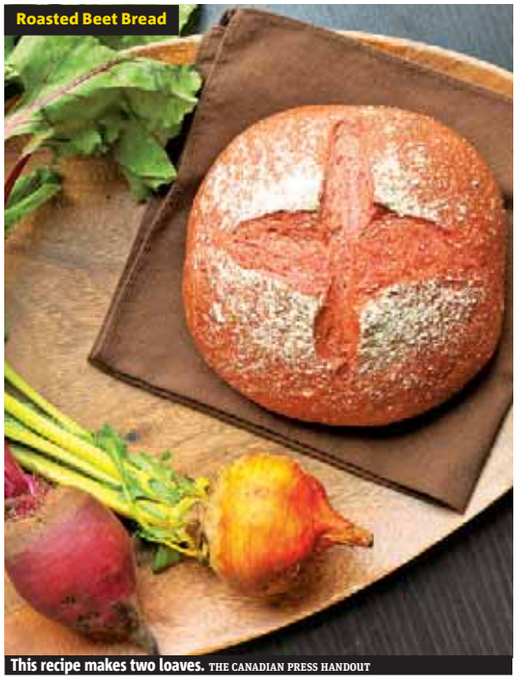


Roasted Beet Bread

This recipe makes two loaves. THE CANADIAN PRESS HANDOUT

Night Before

1. In a large bowl, combine these ingredients and mix with a wooden spoon. Cover with plastic wrap and let sit on the counter for 12 to 16 hours.

Day Of

1. To "night before" mixture, add pureed beets and any juice, whole-wheat flour and instant yeast. Mix with a wooden spoon till smooth. Let sit, uncovered, for 10 minutes. Add thyme and salt, mix until smooth.

2. Start to add bread flour. Once it becomes too hard to mix in the bowl, turn dough onto a flat surface and knead for 10 minutes. This will be a sticky dough, so be careful not to add too much flour. Add just enough to prevent dough from really sticking to your fingers when kneading.

3. Add a little olive oil to a clean large bowl. Place dough in bowl and turn over a few times to very lightly coat all sides of the dough with oil. Cover with plastic wrap. Let dough rise for 1 1/2 hours or till double in bulk. Turn onto a flat surface. Cut dough in half and mould each half into desired shape.

4. Place shaped dough on a piece of parchment paper sprinkled with cornmeal. Spray tops with a little oil spray and cover with plastic wrap for 1 hour or till double in bulk.

5. Heat oven to 200 C (400 F) and place baking stone on centre rack. Place a cast-iron skillet (filled with lava rocks if you have them) on oven floor or on lowest rack. When loaves have doubled, sprinkle with a little whole-wheat flour and slash an X on top of each.

6. Place in hot oven directly on baking stone. Pour about 250 ml (1 cup) boiling water into hot skillet and close oven door.

7. Bake for 30 to 35 minutes or until loaves sound hollow when tapped on bottom. (Or stick a meat thermometer into the centre of loaves; when it reads 82 C/180 F they're ready.)

THE CANADIAN PRESS/ THEKNEADFORBREAD.COM

Ingredients

Night before

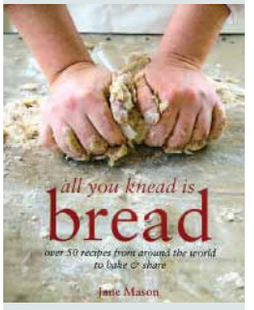
- 250 ml (1 cup) bread flour
- 1 ml (1/4 tsp) instant yeast
- 250 ml (1 cup) lukewarm water

Day of

- 250 ml (1 cup) pureed roasted beets plus any juice
- 125 ml (1/2 cup) stone-ground whole-wheat flour, plus extra for sprinkling
- 3 ml (3/4 tsp) instant yeast
- 15 ml (1 tbsp) chopped fresh thyme
- 8 ml (1 3/4 tsp) salt
- 675 ml (2 3/4 cups) bread flour (approx)
- Olive oil
- Cornmeal

Cookbook of the Week

Everything you knead to know



Jane Mason's All You Knead is Bread aims to inspire readers to start baking by explaining techniques, demystifying the process with step-by-step photos and presenting a huge variety of breads.

Among the 50 recipes in the book are flavours from all over the world that will go with every meal and can be served as snacks and desserts as well.

Spanning wheat and the myriad of other grains used from country to country, All You Knead is Bread features breads such as pita, soda bread, cinnamon buns, cheese rolls, rye bread and more. **METRO**

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There's a new green side dish in town

Want something green that's not broccoli or green beans? That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 1-lb bag frozen shelled edamame
- 2 lbs raw peeled shrimp (thawed, if frozen)
- 1/4 cup olive oil
- 2 tbsp ground black pepper
- 1 tbsp kosher salt
- 1 tsp smoked paprika

1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place the edamame in a medium microwave-safe bowl and microwave for 1 to 2 minutes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, making certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS

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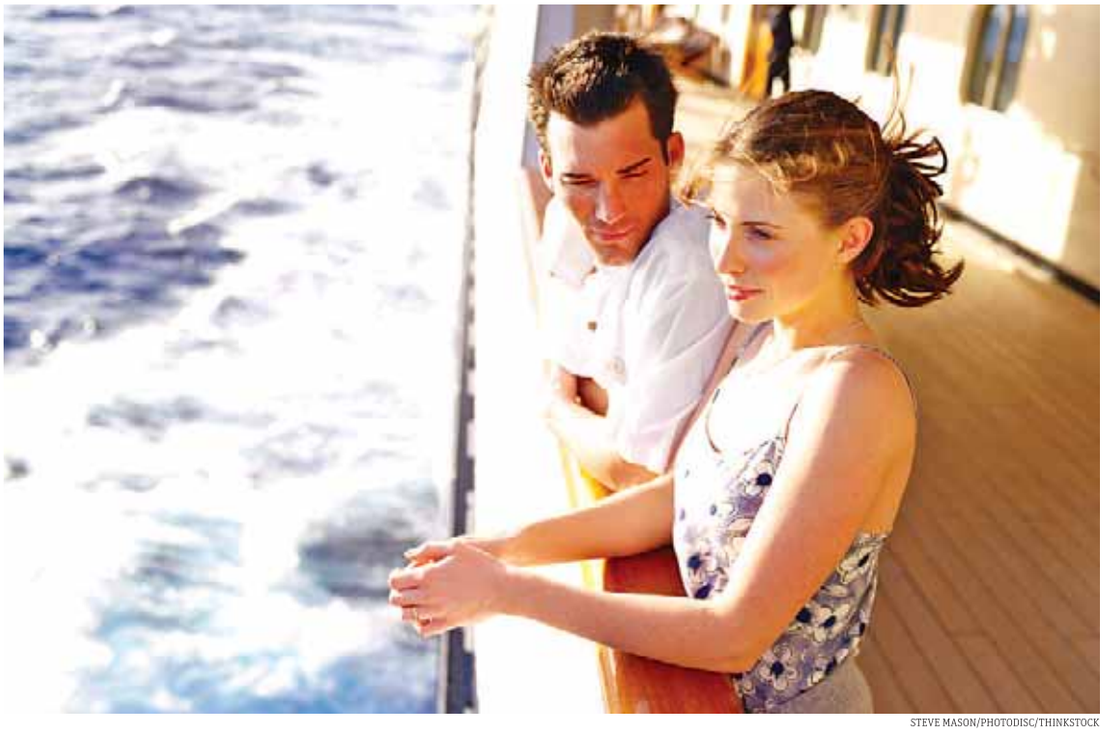

STEVE MASON/PHOTODISC/THINKSTOCK

HOLIDAY PLANNING

GET FINANCES IN ORDER SO YOU CAN ENJOY A VACATION

With the strength of the Canadian dollar, vacationing abroad has become far more attractive and affordable, which is great news for families who want to travel.

But before you get too caught up in the excitement of planning activities and excursions, put a financial plan in place to avoid unnecessary expenses and keep your costs low, so you can enjoy your family getaway.

Here are some tips from Sears Financial:

PHOTODISC/THINKSTOCK

SET A BUDGET — Establishing the cost of your trip in advance can help save money and ensure you don't end up in debt. Make sure to include all your transportation costs (including flights, car rental, taxis, gas, etc.), book your hotels ahead of time, and set aside a generous amount for meals and attractions. And don't forget to budget for souvenirs.

CONSIDER A CRUISE — Cruising can be a great and inexpensive option for families. Not only are your dining expenses included in your package, but most ships also offer play groups and workshops for kids of all ages, at no additional charge.

GET TRAVEL/HEALTH INSURANCE — With the average cost of a medical incident outside of Canada at $25,000, it's important that Canadians of all ages take out travel and health insurance.

PURCHASE A ROAMING PACKAGE — Once you leave Canada and use your mobile phone or tablet, you are accessing services through a foreign network, which can reach hundreds of dollars in additional charges. If you are planning to stay in touch with family and friends during your vacation, contact your network provider about a roaming package.

CHOOSE A CREDIT CARD THAT SUITS YOUR NEEDS — Many credit cards offer a better rate than currency exchange offices, but find out if yours has a foreign currency transaction charge; typically 2.5 per cent. Use a card that doesn't charge the fee.

– News Canada

SHOPPING FOR GIFTS: BY THE NUMBERS

• Budget Wise. More than half of shoppers last year planned a holiday shopping budget, according to a story at forbes.com. But 45 per cent of shoppers the year previous had gone over their budget.

• How Much Should I Spend? Research shows that 43 per cent of women plan to buy less expensive gifts this year compared to 31 per cent of men.

• By The Numbers. Twenty-eight per cent of women plan to buy fewer gifts overall this year compared to 21 per cent of men.

• Will That Be … Cash or Cash Back Credit? Don't forget your cash back credit card. Research conducted by Ipsos Reid found almost half of Canadians (48 per cent) would prefer to have a cash back card, compared to other types of rewards cards.

• Gone Shopping ... Online. Internetretailer.com reports that online spending this holiday season will account for almost one-quarter of retail spending in the U.S.

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

12 SMART SHOPPING DAYS

1 On the first day, plan ahead and determine a budget for gifts for friends and family as well as holiday decorations such as outdoor lights and entertaining. Then, make a list of everyone you want to buy for along with gift ideas and specific budgets.

2 Use your credit card everywhere you shop.

3 Go online to research and start developing a shopping strategy that includes warehouse and other sales. A lot of Canadians leverage redflagdeals.com, for example, for specials across the country.

4 See if you can buy some gifts online. Shopping online helps you stay within your budget and find hard-to-find gifts, according to Online Holiday Shopping Forecasts and Trends.

5 Revisit your gift list — and don't get stuck on an assumed reciprocity rule where you have to spend as much money on a gift for a friend as they spend on you. It's OK to shop the deals and give your friend a gift that costs you less.

6 Don't forget to check your rewards programs. You could have enough rewards saved to knock a few people off your shopping list and save you money overall on your holiday purchases.

7 Remember to use your credit card on every day purchases, too, not just gifts.

8 Keep all your receipts. Some credit cards offer card holders an extended return policy — this means you don't have to fight the long lines immediately after the holiday season.

9 Keep an eye on your credit card balance, and be sure you have a plan for paying it down relatively quickly after the holidays.

10 Resist impulse buys ... a box of chocolates, a bookmark, or even a lottery ticket are those "little" second gifts that add up.

11 Need to buy a last-minute gift? Maybe a gift card is the way to go.

12 Finally ... a day of rest!

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YOU'RE IN CHARGE OF YOUR CARD

WITH THE NEW AMERICAN EXPRESS CHOICEPLUS CARD

HEMERA/THINKSTOCK

With the power to choose placed into their hands, the new ChoicePlus Card from American Express allows points collectors to decide where they want to earn extra rewards — from the food aisle to the shoe store. This new concept in loyalty rewards focuses on personalization, allowing Cardmembers to choose where they want to earn double points from a select list of American Express merchants.

"With customer service at the forefront of our brand, we are always evolving and expanding our programs and products to better meet our Cardmembers' needs, and see this new card as a fresh approach for the industry," says Jennifer Hawkins, general manager and vice-president, consumer products and partnerships, American Express Canada.

"The new card is designed to meet the lifestyle of today's younger consumer, who's looking for customizable products and services that complement their way of life."

With more than 100 places to choose from across categories such as home and entertainment, retail and fashion, grocery and dining, travel, and everyday expenses, ChoicePlus Cardmembers can earn extra points by spending at the five places that fit their unique lifestyle. In addition to earning points on every dollar in eligible purchases spent on the card, Cardmembers can choose the five places they shop at most with American Express to earn double points. That could mean being rewarded for renovating their home or spicing up their wardrobe, dining out or ordering in, and talking that holiday they've been planning for.

Reward points can be redeemed easily though the Choice by Membership Rewards collection. With a range of redemption options in travel, shopping, dining and entertainment, Cardmembers can choose how they want to reward themselves.

"This means Cardmembers can turn their regular fill-up at a gas station or dinner out with friends into a variety of different rewards they love," Hawkins says. "Designed to work for each individual Cardmember, this card offers an abundance of choice for consumers to choose how they earn extra points."

For an annual fee of $65, the ChoicePlus Card from American Express offers two points for every dollar in eligible purchases charged to the card at the Cardmember's chosen five retailers, and one point per dollar spent everywhere else. A welcome bonus of 7,500 points will be applied on first use of the card, enough for a $50 gift card at a wide range of retailers like Holt Renfrew, The Home Depot, The Keg and more.

The card also has a related product, the Choice Card from American Express. This no-fee card offers a welcome bonus of 1,500 points on first use, as well as an earn rate of one point for every dollar spent on eligible purchases at the chosen five retailers and one point for every two dollars spent everywhere else.

CONTRIBUTED

WHERE TO GO FOR SKI AND SNOW

THE WESTIN RESORT & SPA — WHISTLER, B.C.

Step into the luxurious mountain haven that is The Westin Resort & Spa in Whistler, voted a 2012 SPG Member Favourite for both family experience and winter adventures. Fine-tune your ski or snowboard skills at Whistler Blackcomb, and then surrender to a soothing Swedish massage at the Scandinave Spa, a traditional Finnish spa tucked away in a spruce and cedar forest just north of Whistler.

CONTRIBUTED

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"When you travel as much as we do, rewards programs can help infuse a little luxury in your vacation, and the SPG Card offers the ultimate in choice and flexibility," says Kathryn St. Jean of popular Canadian travel blog TwoGO RTW.

"When we're looking for the luxury of a resort vacation or even a romantic staycation in a city hotel, we've found that the best way to stretch our points is by redeeming for hotel stays with a combination of cash and Starpoints."

CONTRIBUTED

WHERE TO GO FOR SAND AND SUN

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What's your condominium IQ?

Park Towers has 458 units situated along The Queensway. SUBMITTED

Meet the condo

- **What.** Park Towers at IQ Condominiums
- **Builder.** The Remington Group
- **Location.** Zorra Street and The Queensway
- **Website.** parktowersatIQ.com
- **Sizes.** From 505 to 860 sq. ft.
- **Pricing.** From low $200,000s to $415,900

The project overview

Etobicoke's latest condo residences consist of twin 24-storey towers with a total of 458 units. Park Towers represents the next phase of the highly successful IQ Condominium project situated along The Queensway.

Location and transit

Numerous transit options with the nearby Kipling subway and GO train stations. Commuters are in close proximity to Highway 427 and the Gardiner Expressway and can reach the downtown core within 40 minutes.

In the neighbourhood

Conveniently located across from a Sobey's and Cineplex Odeon theatres. Nearby is the Sherway Gardens Mall, Ikea and Costco. The waterfront is nearby including Lakeshore Yacht Club and Colonel Samuel Smith Park.

Building amenities

Featuring a fitness centre, an infinity pool that extends to outdoor terrace, whirlpool and steam bath. There's an indoor lounge and private dining. The fourth-floor outdoor terrace has a lounge and fireplace seating area. Also a barbecue area with bar.

Five-year mortgage rates

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5.24%	CIBC	3.20%
5.24%	HSBC	3.10%
3.44%	ICICI	3.00%
3.19%	ING	3.00%
5.24%	RBC	3.20%
4.99%	SCOTIA	3.10%
5.24%	TD	3.20%
5.24%	NATIONAL	3.20%
2.84%	BROKER	2.60%

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Rooftop Surfing

By the numbers

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

As someone who has been working in this industry for more than 30 years, I've observed the evolution of new home statistics and how they are tracked and distributed among industry professionals, members of the media and the general public.

As of 2012, we are privy to an array of real estate themed statistics, all of which play a very important role in assessing the current state of the market. Ones that I personally find to be the most important, however, are sales, starts and completions.

New home sales represent the amount of pre-construction homes sold in a given time. This figure is usually released at least 10 days after the Agreement of Purchase and Sale is signed. That takes care of the 10-day "cooling off period" often associated with pre-construction purchases.

For example, there have been 14,569 new high-rise "sales" in the first nine months of 2012. This number should not be confused with transactions in the resale market, although it follows similar market trends such as land supply, infrastructure, etc.

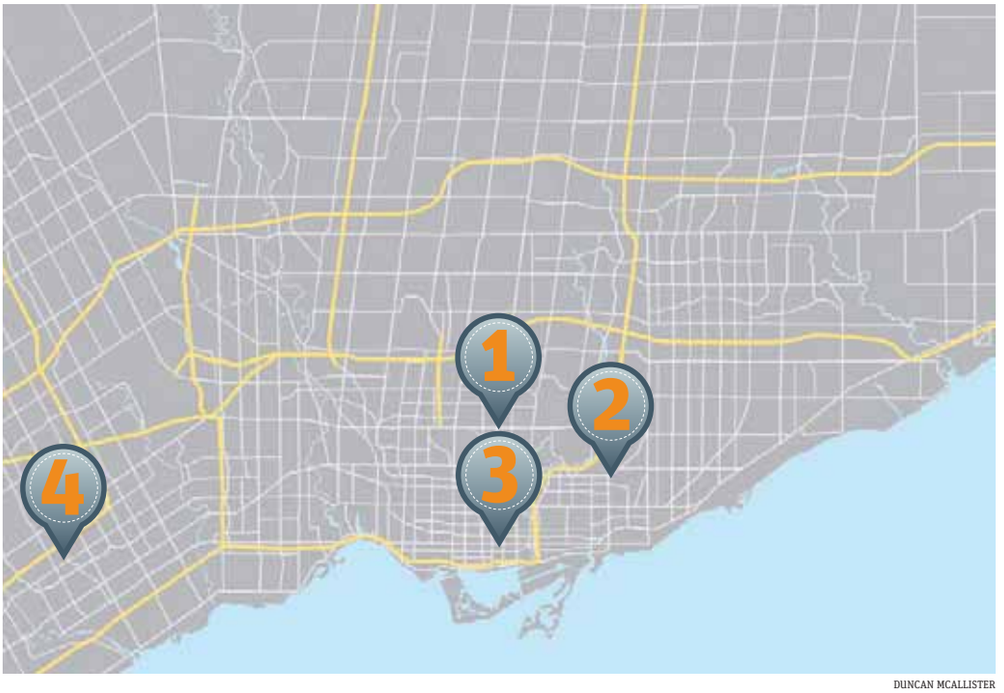
One of the main differences is the fact that in most cases, new home buyers don't move into their homes right after purchasing. The builder must first sell the majority of the units (about 70 per cent) in a project before breaking ground. Add in all the additional factors like construction and registration, and you have approximately four years before you can move in.

The most recent statistics show that there are currently 57,760 high-rise units under construction in the GTA at the end of September 2012. These are 88 per cent sold and scheduled to be completed over the next four years.

This means that the cranes you see as you commute through the GTA are not necessarily a reflection of a hot 2012 for the condo market, but rather an indicator of the success in high-rise sales over the last four or five years. Given the success of that sector in 2011, you can expect to see a lot more cranes going up in the next year or so.

The final statistic I look at is completions. This is the final step, when the home is delivered to the new home buyer. Our industry delivers approximately 15,000 new home completions each year. That's 15,000 new homes for families who rely on us to provide them with quality, affordable place to live, work and play. Of the three, it's definitely my favourite stat.

What's hot on the condo market



DUNCAN MCALLISTER

1. Yonge & Eg

Minto's new home buyer seminar. Don't miss it at 30 Roehampton Ave., Nov. 16 from 6:30 to 8 p.m.

CONTACT: CALL 416-977-0777 OR VISIT MINTO.COM

2. East end

Open House: East end penthouse condo, two plus one beds, two baths, 955 O'Connor Dr., Nov. 17 from 2 to 4 p.m.,

CONTACT: CALL 416-782-8882

3. Nathan Phillips Square

Great Gulf presents the Cavalcade of Lights at Nathan Phillips Square, 100 Queen St. W., Nov. 17 from 7 to 10 p.m.,

CONTACT: VISIT GREATGULF.COM

4. Mississauga

Open House: Mississauga low-rise, one bed, one bath, 320 City Centre Dr., Nov. 17 from 2 to 4 p.m.,

CONTACT: CALL 416-256-7000

View of the Humber Bay Shores looking east from the penthouse at Nautilus. DUNCAN MCALLISTER/FOR METRO

Exploring Etobicoke's emerging waterfront

Condo Trends. Area now officially known as Humber Bay Shores will become home to 25K residents

DUNCAN MCALLISTER
life@metronews.ca

What was long a blight on the city's waterfront — a strip of seedy motels and ramshackle apartment buildings — has now been transformed to an ultra-modern city of condos.

The area was issued official status in June and is now known as the Humber Bay Shores.

This prominent cluster of towers along Lake Shore Boulevard West at the foot of the Humber River will soon become home to a staggering 25,000 residents.

At a recent meeting of the Toronto Condo Network, guest speaker Jim Reekie, president of the Humber Bay Shores Condominium Association, talked about fascinating new developments on this fast-growing stretch of Toronto's waterfront.

The association started out in 1997 representing the interests of the three major developments at the time: Palace Pier, Palace Place and Marina del Rey.

According to Reekie, "We have about 4,800 units right now and 9,000 people and it's going to (be) approximately 14,000 units and approximately 25,000 people."

The group liaises with all levels of government regarding planning and legislation that affects their community.

Jim Reekie, president of the Humber Bayshores Condominium Association. DUNCAN MCALLISTER/FOR METRO

They have been working with the city to solve traffic problems along the Lake Shore, such as the addition of traffic lanes and giving streetcars right of way.

Proposals have been put forth to move the TTC Humber loop and make better use of bus routes.

"We've increased the ridership over the last two and a half years by about 400 riders a day," says Reekie of the Prince Edward 66 bus route that services the community.

The big complaint is that with all this development, there's very little in the way of retail and services in the area yet.

Reekie says that it will inevitably follow. And the big news is that the owners of the Christie plant north of the Lake Shore have announced plans to vacate the cookie factory next year.

"Mr. Christie announced last week that they're closing the plant next October and there are 550 people going to be out of jobs," says Reekie.

"This whole area, this 27 acres, is still zoned commercially. If it's going to go to condos or any type of townhouses in there, it has to be rezoned."

Speculation has been rampant as to the future use of the land, although little is known at this early stage. The sizeable chunk of property would lend itself to a much-needed retail mall or city centre.

Reekie says that the Bayshores "is a fast growing community that's sort of hidden away here. The rest of the city doesn't know about us that much, but it's a great location."

Property Q&A

Big house downsizing blues

I am a single mom and presently I have a 3,500 square foot house from which my only child is moving out to be with her boyfriend.

I don't need all this space, so I am looking at finding a smaller house in the same neighbourhood. I was approached by a neighbour around the corner who had heard that I was looking for a smaller home and we came to an agreement with respect to me purchasing his house — with the understanding that he couldn't close for six months as he had just purchased the property.

I like the new house, but am concerned about selling my house in the waning daylight hours of 2012.

My neighbour offered to lease me his house for a year if I couldn't sell my house, which would give me the flexibility to move if I needed to. What would you suggest?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Wow, does this guy have some nerve!

You are offering to buy his house on a long-term closing and if you don't sell your house, he'll rent you his house until you have the opportunity to sell your home?

My advice verges on what a realtor would advise — who you must not be using — which is there is no deal on his house until you have a better understanding of what is happening with your own real estate.

I would hate to see you with a house sitting on the market while you are paying to rent a smaller house around the corner.

Get your housing situation sorted before you make any commitments to purchasing another.

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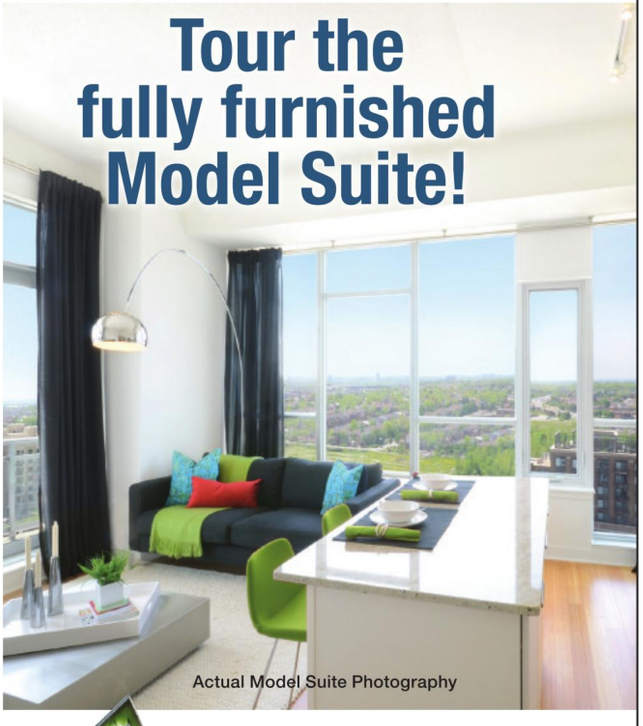

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Pump up the pow factor with some of these crayola-coloured delights.
Brights, fluorescents and neons may resemble some kind of designer kindergarten, but the kaleidoscopic effect can read sophisticated and here's how:

RICHARD PECKETT
Metro World News in London

Leonardo beauty vase

$49,
madeindesign.com

1

2

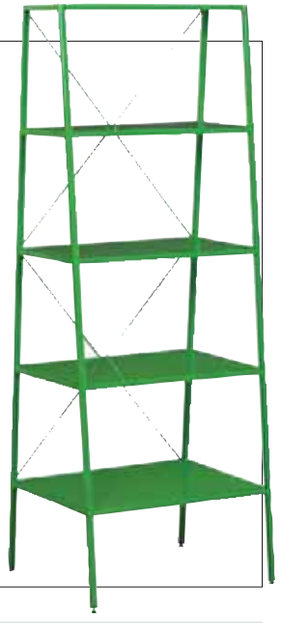
Ikea Hylkje mirror

$5, ikea.com

Hancock clover bookcase

$203
cb2.com

3



Jonathan Adler large okura kidney table

$1,561
jonathanadler.com

4

8

Colour Vision

Avoid a sick-making, LSD-esque trip by teaming popping colours with pastels, whites and chalky colours. Too many vibrant colours will overwhelm the rest of your decor, so use sparingly.

LSA Ania Tumbler

$8
oliverbonas.com

5

6

Unique flowerpot pendant

$277
panik-design.com

7

Magis air armchair

$161
madeindesign.co.uk

Anglepoise type 1228 floor lamp

$400
anglepoise.com

8

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Need a chandelier? Here are the rules

I would like to hang a chandelier in my 13-by-16-foot dining room. I have 12-foot ceilings and am wondering what style would be best and how high to hang it.
-Emily, Calgary

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A chandelier should look like it belongs to the style of your house, not just like it blends with a trendy decor scheme.

Style?
Consider the architectural style of your home — is it modern or traditional? For instance, a boxy modern condo or an arts and crafts style home would have a streamlined chandelier, whereas a cottage-inspired or Victorian home would have a traditional-style fixture.

I like to think of the chandelier in the same category as the style of door knobs and hardware that are chosen for the house. If you were to move, those items would be left with the house.

How high?
The height your chandelier is hung relates to the table it is hung over, not the height of the ceiling.

The bottom of the chandelier should be hung 30-40 inches from the top of the table; hang it 30 inches if you have regular eight foot ceilings and up to 40 inches above the table if you have extra high ceilings. For 12 foot ceilings (as in your home) the bottom of the chandelier should be about 36-38 inches above the table.

Size?
For rooms with really high ceilings, consider buying a tall-shaped chandelier to help fill up some of the extra height.

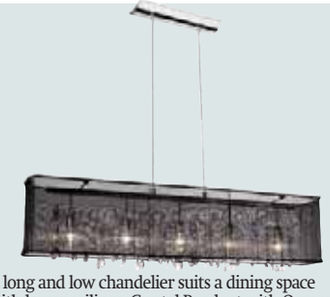
In a low-ceiling area, choose a horizontal shape to suit the low space. The diameter of the chandelier should relate to the size of the room — for each foot of the room's width, the chandelier gets two inches of diameter. For instance, your dining room is 13 feet wide, therefore a 26 inch diameter (13-by-two feet) would be perfect.

Designer ideas

- Adding a decorative moulding medallion to the ceiling will add some visual interest up high. Paint the medallion a similar colour to the chandelier's chain (usually gold, silver or bronze).
- A dimmer switch will allow you to create an intimate setting when dining.
- Choose energy-efficient chandelier bulbs to save moving the table to change the bulbs each year.
- The finish of your chandelier should match the other hardware items like door handles, hinges and light switches in the room.

Choose a chandelier that suits the architectural style of your home. 1920's Odeon Glass Fringe Chandelier, $3,000, restorationhardware.com.

A tall-shaped chandelier will help fill up a dining space that has tall ceilings. Winston Chandelier, $430, crateandbarrel.com.



A long and low chandelier suits a dining space with lower ceilings. Crystal Pendant with Organza Shade, $800, sears.ca.

Save money and effort with LED bulbs, which save up to 80 per cent energy and can last up to 15 years. Philips DecorLED Dimmable Chandelier Bulb, $16, homedepot.ca.

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The Epicurean is at the centre of everything foodie. Located at the corner of Dundas and Prince Edward in South Kingsway, The Epicurean is close to the best restaurants and specialty food shops. Plus it's home to great foodie-inspired amenities including the Chef's Table Demo Kitchen, the Vintage Lounge Wine Bar and the Popcorn Theatre Room. Your love for food now has a home.

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Monarch

GMOs: The history behind genetically modified foods

What is GMO?
-Cory of Thunder Bay, Ont.

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

In Canada, we do not require GMO labelling. ISTOCK IMAGES

GMOs — or genetically modified organisms — are plants or animals modified through the gene-splicing techniques of biotechnology. In conversation, GMOs and GE foods refer to the same thing. They are foods created by merging DNA from different species.

The first commercially available GMO crop (the Flavr Savr tomato) was approved by the U.S. Food and Drug Administration in 1994.

Since then, GE varieties of corn, soya, sugar beets and canola have become common in Canada. In addition to locally produced crops, GE varieties of cottonseed oil, papaya, squash and milk products are imported from the U.S. into Canada.

In a mere 20 years, GMO ingredients have made their way into most of the processed foods available on Canadian grocery shelves. Apples, potatoes and wheat are all in the lineup for approval.

When first introduced, GMO crops were touted as the answer to world hunger. The argument was that by developing pesticide-and-herbicide-resistant crops, farmers would be able to increase their yields and decrease their costs.

This has not proven to be the case. Instead, bugs and weeds have become increasingly resistant to the widespread applications of these chemicals, leading to increased use of both. More spraying means more costs for farmers, more damage to the environment and more health concerns.

On the flips side, it means more product purchased from the seed producer. The companies that develop and patent GMO seeds are the same companies that develop and patent pesticides and herbicides to which the unique seeds are resistant.

Monsanto is the largest seed company in the world and owns about 86 per cent of GMO seeds sown globally. It is also the company that produces the herbicide Roundup.

The safety of GMO foods is unproven and a growing body of research connects these foods with health concerns and environmental damage.

For this reason, most developed nations have policies requiring mandatory labelling of GMO foods at the very least, and some have issued bans on GMO food production and imports.

In Canada, we do not require GMO labelling. Canadians are often unaware that the foods they choose contain GMO ingredients. This right to choice is behind the growing movement to have GMO foods labelled. While environmental and food advocates lobby for labelling, other groups, like the Non-GMO Project, have created voluntary non-GMO certification to promote better consumer information.

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG

Cleaning

Fireplace a little dirty? Call a pro

Is cleaning my fireplace something I can do on my own or do I need a professional?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You absolutely need a professional.

A professional chimney cleaner not only cleans the fireplace, but also, more importantly, inspects the mortar between the bricks, ensures that the flue is working properly and checks that the exhaust is clear of any debris and animals. The professional will also ensure the chimney cap is in good order and that the fireplace draw is sufficient for a safe fire.

These are important things to check and should not be thought of as a waste of money. Chimney fires are caused by creosote on the inner surfaces of the chimney. The entire house can burn down if this is not maintained properly.

Enjoy your fireplace, but remember to maintain it and be safe.

Cleaning your fireplace is no DIY project. ISTOCK IMAGES

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Winterize your home and help cut costs

DIY ideas. Keep warm and cosy this holiday season without emptying your wallet

Whether you own or rent your home, there are easy things you can do as the cold weather creeps in to winterize and cut costs.

These simple jobs make a big difference in the long run. You can find more helpful home tips in Rehab Addict, where host Nicole Curtis restores historic homes to their former glory.

Change the furnace filter
After months of use, your furnace filter becomes clogged with dust and dirt, making it less efficient.

Buying a new furnace filter is inexpensive and only takes a few minutes to replace.

Refrigerator coils
Easily forgotten in your home cleaning, the refrigerator coils that cool your fridge easily attract dust.

The dust that builds up acts as an insulator, making it difficult for the coils to perform efficiently.

Programmable thermostat
You can easily reduce heat usage by installing a programmable thermostat.

This will automatically lower the heat in your home for times that you are out of the house, or while you are sleeping.

Fluorescent bulbs
A large part of every home's energy bill comes from lighting, especially in the winter months where the days are shorter so lights need to be on longer.

Switching your bulbs to compact fluorescents can help compensate for the increased energy.

Chimney damper
Before the depth of winter hits, ensure that the damper on your chimney is tightly closed.

This is cost-free and takes very little time, but can be a big way to reduce heat loss in your home.

Caulk windows
Test your windows for air leaks and ensure they are properly caulked to avoid any heat loss.

Additionally, you can purchase removable caulk to completely seal your windows shut during the winter months, and then remove it when spring reappears.

Additional insulation
Check the insulation in your attic — it should be covering the floor joists.

If it does not, it may be time to invest in additional insulation to ensure you are not losing heat through the top of your house.

This can be done yourself with advice from a local home renovation store, or you can hire professionals to install this and reap the benefits over time. REHAB ADDICT AIRS BACK-TO-BACK EPISODES THURSDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA

A programmable thermostat can help minimize winter costs.
ISTOCK IMAGES

Reduce the stress in your home to boost your mood

For many, the combination of a busy family life, workplace pressures, and constant connectivity through technology can lead to unhealthy stress levels.

"High stress levels on an ongoing basis, without relief, can lead to serious health issues such as heart problems and various wear and tear diseases like carpal tunnel syndrome," says Lynda M. Miller, the CEO of OverloadedStress.com. "Every day we are exposed to demanding jobs, traffic jams and too many personal commitments. It's vital we learn and practice smart stress relieving techniques to release pressure."

Try these tips to help you relax, unwind, and melt unwanted stress away.

Home for a rest
Soothing music or your favourite songs can help you unwind after a stressful day. If you have a long and traffic-heavy commute, consider listening to relaxing music in the car to help make the sometimes painful drive a bit easier.

Lighting aromatherapy candles or reading a book can help relax you after a long day.

Establish a "happy place" in your home, a spot where you have time to yourself, privacy to reflect and the space to do things that make you calm, such as painting or reading.

Bathroom retreat
Shower the stress away. A relaxing shower can help ease tense muscles and make you feel rejuvenated. A raincan showerhead and a custom shower allow you to create your ideal showering experience that is both luxurious and soothing. At deltafaucet.ca, take a look at the sensational Compel custom shower as one appealing example.

Use aromatherapy products like body washes, lotions and oils to calm your senses.

Let's get physical
Practice yoga in the morning or take stretch breaks at work to help alleviate sore muscles and release tension. Go for a walk, work in the garden, or go to the gym to help sweat out stress and toxins and take your mind off the tasks waiting for you at home or work.

Affordable massage therapy tools — like wooden body rollers and scalp massagers — can release endorphins, increase circulation, and help you to relax and feel good. NEWS CANADA

From tights to scarves: Tie-dye DIY

Crafts. Away from the explosion of primary colours as seen on camp T-shirts and into more elegant realm

Crafts don't have to be complicated. With the holiday season ahead, an easy, enjoyable craft can cover many gifting bases. What could be more fun than experimenting with a simple tie-dye?

A few do-it-yourself sources have taken tie-dye up a notch. One such project — tie-dying tights — appears in The Bust DIY Guide to Life (STC Craft, 2011), edited by Laurie Henzel and Debbie Stoller. And the idea transcends tights. Besides making gifts, it works for "anything that you have that either you didn't like the original colour or you think needs sprucing up," says Callie Watts of Bust magazine, which aims its pop-culture content at young women.

In the book, a pair of white tights is folded accordion-style from toe to top and secured with rubber bands. It's boiled in a pot of black fabric dye, such as Rit, for about 15 minutes, stirred constantly, then removed and rinsed. The bands are removed and the tights laid flat to dry. Another option adds a second colour.

A DIYer can get a lot of variety out of this project without much work, says Watts. From socks to shirts, she recommends experimenting with folding or bunching the fabric before it hits the dye bath. Another option: Dip an item partially into the dye bath, allowing the colour to bleed upward into the fabric.

"It'll fade dark to light," Watts says.

Any fabric that can soak up dye colour will do, but Watts says knits will "come out as a blurry splotch. You're not going to have the same distinctiveness."

A similar craft, using white scarves, appears in the October pages of Martha Stewart Living magazine. Inspired by "shibori," an intricate Japanese technique in which textiles are folded, twisted or bound with thread before dyeing, this craft requires little besides a plastic, shoebox-size bin and a bottle of fabric dye.

"We saw it taking off in the blog world," says Blake Ramsey, a holiday and crafts editor at Martha Stewart Living. "It's so accessible to people and with such satisfying results."

Change the simple accordion fold — this craft's defining step — to vary a scarf's outcome. Fold the fabric wide for large stripes or narrower for thinner stripes. Try a silk or rayon scarf, or use cotton for different dyeing effects.

"I have great respect for the people who do (shibori)," says Ramsey. "For me, honestly, I'd prefer to whip out 10 scarves and enjoy looking at the results I get, the happy accidents, and learning from my experimenting."

This is a great craft for people who don't want to spend a lot of time or money. "If you think you've messed up, it's $4 down the drain and you learn from your mistake and start over," says Ramsey. "I think that's the beauty of dyeing. You can always dye over it again."

As with the earlier craft, this one can be adapted for nearly any fabric or clothing. The magazine used inexpensive, white scarves because they're easy to fold. (Ramsey bought her samples for a few dollars apiece online at Dharma Trading Co.)

"I'd encourage people if they feel comfortable with it to try other things," Ramsey says.

Cotton gives the dye job a more graphic appearance, while silk and rayon absorb dye in a softer manner. Incorporate a second colour by allowing the fabric to dry completely between dip-dyeing. It could take several days. For a second dyeing, fold the fabric differently, such as diagonally, to further enhance the results.

Don't limit yourself to white fabric and clothing either. Ramsey says a blue chambray scarf she dyed in blue turned out beautifully.

THE ASSOCIATED PRESS

A DIY dye job on two pairs of tights. AMANDA BRUNS/THE ASSOCIATED PRESS/BUST

Assembly

Step 1
Accordion-fold scarf. Press with the iron, secure with clothespins. (If scarf is wider than bins, fold in half widthwise after folding.)

Step 2
Mix dye in a bin according to manufacturer's instructions. Dip scarf's folded edge in dye (the resulting stripe will be twice as wide as the dip).

Step 3
Dip scarf's folded edge in another bin filled with cold water to rinse.

Step 4
Mix fixative in another bin according to manufacturer's instructions. Dip folded edge in fixative to set.

Step 5
Clip accordion-folded scarf to a clothesline or pants hanger. Place newspaper or a drop cloth underneath scarf to protect surfaces. Let hang to dry, about one day.

Materials

- Scarf
- Iron
- Clothespins
- 3 plastic bins (the size of shoeboxes)
- Liquid dye, such as Rit
- Dye fixative

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Protect your family against the 'silent killer'

Carbon monoxide.
It's the leading cause of fatal poisonings in North America

Known as the "silent killer," carbon monoxide takes the life of hundreds of North Americans every year.

You can't see it, smell it or taste it. It may be lurking in your home and, if not guarded against, can kill you and your loved ones while you sleep.

Carbon monoxide (CO) is a colourless, odourless, tasteless deadly gas that can be produced by any appliance, engine or heating device that uses combustible fuel such as gas, oil, kerosene, wood or charcoal.

Carbon monoxide can leak into the home when a fuel-burning device is poorly maintained, improperly vented or breaks down.

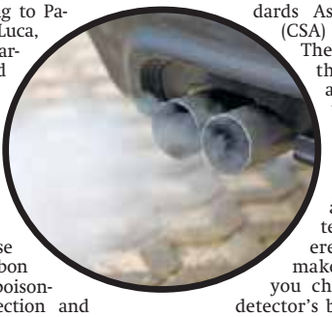
Other potential sources include automobiles left running in attached garages, clogged or blocked chimney openings, inadequate venting, malfunctioning appliances or the operation of a barbecue in an enclosed area such as your home or garage.

When inhaled, it inhibits the blood's capacity to transport oxygen throughout the body. It can poison the body quickly in high concentrations, or slowly over long periods of time.

Exposure to CO can cause symptoms such as headaches, nausea and dizziness, burning eyes, confusion, drowsiness and even loss of consciousness.

In severe cases, CO poisoning may lead to brain damage and death.

The elderly, children and people with heart or respiratory conditions could be particularly sensitive to CO.



According to Patrice De Luca, V.P. of Marketing and Business Development for Reliance Protectron Security Services, the best defense against carbon monoxide poisoning is detection and prevention.

"The only way to detect this deadly gas is by installing carbon monoxide detectors," De Luca explained, recommending that detectors be installed on each level of your home.

"At minimum, one should be installed outside every sleeping level."

De Luca stressed the importance of having the CO detectors linked to a monitoring centre, since many of those killed or injured by carbon monoxide are asleep at the time of exposure and timing is crucial for alerting emergency help.

"Protectron carbon monoxide detectors offer valuable protection by alerting you to the presence (of) this gas and notifying the monitoring centre, which will immediately take the appropriate measures to help you," he added.

What to look for in a CO detector:

• Choose one that is listed with the Canadian Standards Association (CSA) standard. The logos of the testing agency will be on the product.

• If you have a battery powered unit, make sure you change the detector's battery as recommended by the manufacturer, and test the unit once a month.

• Replace the unit as recommended by the manufacturer (generally between five and 10 years).

How to prevent CO poisoning:

• Have a qualified service technician check your furnace and other fuel-burning equipment at least once a year.

• Have your chimneys cleaned and inspected at least once a year.

• Never run vehicles, motor bikes, lawn-mowers, generators, or snow blowers in attached garages, even if the doors are open.

If your carbon monoxide detector alarm sounds, De Luca advises to exit as quickly as possible and call the fire department from a neighbour's home. More information on home security is available at protectron.com.

NEWS CANADA

A blocked chimney opening is one way for carbon monoxide to leak into your home. NEWS CANADA

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Beyond tulips and daffodils: Other bulbs hold promise of spring beauty

Gardening. With fall planting in full swing — don't neglect those 'minor' bulbs

As you nestle tulips, daffodils, hyacinths and crocuses into the soil, don't neglect to also plant some minor bulbs — "minor" only because they aren't well known, not because they lack quality.

Many of these bulbs are so minor as to even lack common names. But botanical names are not all that cumbersome. After all "crocus," "hyacinth" and "narcissus" are botanical names. Some names of minor bulbs are even fun to say: Puschkinia, for example, rolls smoothly off the tongue once you sound it out and, for me, conjures up an image of a friendly, stuffed clown doll.

Blue and bluish

Puschkinia in very early spring sends up strappy leaves and 6-inch flower stalks, atop which sit clusters of white flowers striped with shadings of greyish blue.

It's the perfect bulb to tuck into a partially shaded rock garden or under trees and shrubs.

Plant puschkinia this year and the planting will become increasingly beautiful over the years as the bulb naturalizes, increasing its numbers by self-seeding.

Another early bloomer that should become better known is chionodoxa. Again, the first step is to slowly sound out the name. Then plant it and wait a few months for the rich blue flowers, small but in great numbers, as many as a dozen per stem.

Two other dainty blue flowers for early and mid-spring are, respectively, squill and muscari. (See? Not all minor bulbs have botanical or unfamiliar names.)

Muscari, especially, naturalizes readily to the extent that patches of lawn given over to it look in mid-spring like a piece of blue sky has dropped on the ground.

Rounding out the spectrum

The minor bulb palette is not restricted to blues and whites: Allium sphaerocephalon, sometimes known as round-headed leek, is a beauty displaying "Tootsie roll pops" of reddish purple in late spring. You might recognize from the botanical name that this bulb is in the onion family and, except for its colour, it does indeed resemble chives in bloom. Like chives, it likes lots of sun.

Let's return to blues and whites, this time to some bulbs that are somewhat familiar but which you might forget: snowdrops, dwarf irises and Spanish bluebells.

As implied by their name, the nodding, white flowers of snowdrops do appear very early, providing flowers in winter — a very welcome sight.

Dwarf irises, appearing a bit later, are dainty cousins of Siberian irises, growing only a few inches tall and with intensely blue flowers — a particularly charming sight when their dark blue petals catch hold of a few flakes of newly fallen snow.

Spanish bluebells are giants among these minor bulbs, growing over a foot high.

The bell-like flowers come in a range of colours, including shades of blue, but also pink and white.

One last minor bulb, windflower (Anemone blanda), has been a "major" bulb in my garden for a couple of decades and is becoming more "major" all the time as it keeps spreading.

This plant has everything: frilly foliage that looks good right up until it melts back into the ground, and blossoms in a range of pastel colours. The most endearing quality is the form of the flower, which is like a daisy even though the two plants are unrelated.

A daisy look-alike is welcome in early spring both for itself and for foreshadowing the summery true daisies that lie ahead. THE ASSOCIATED PRESS

Muscari in spring in New Paltz, New York. Fall planting is in full swing. As you nestle tulips, daffodils, hyacinths and crocuses into the soil, don't neglect to also plant some minor bulbs — minor only because they are not well known, not because they lack quality. LEE REICH/THE ASSOCIATED PRESS

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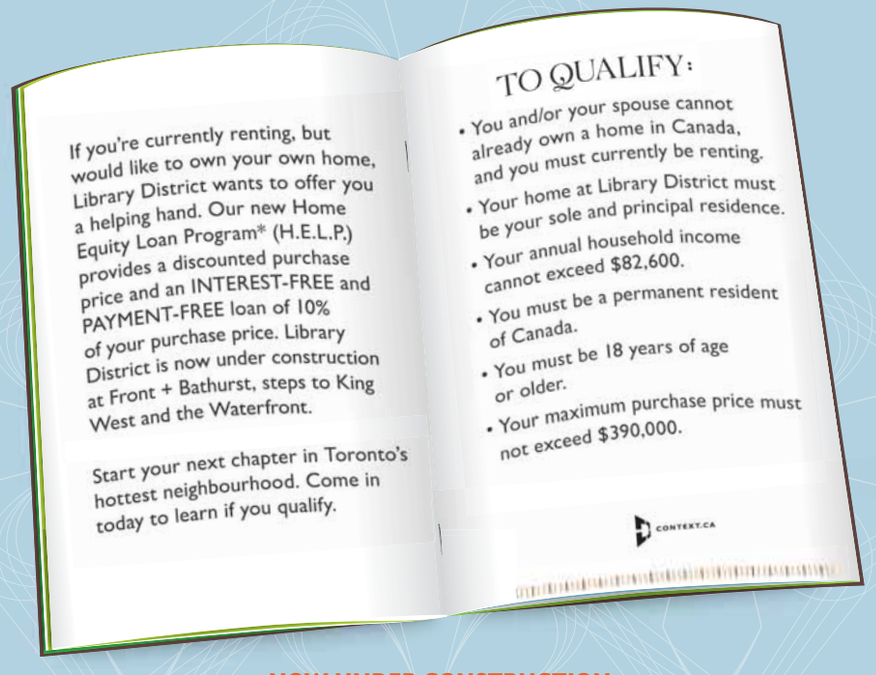

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Make the most of storage for those seasonal items

Tips. Many homes lack space needed to store everything right where we use it

It's that time of year again, when we pull out the blankets and sweaters and stash the last of the warm-weather items until spring arrives.

If the serving dishes you use only at the holidays are stacked way up at the top of your pantry, "you may find yourself running out and buying something you've already got, because you can't remember what you have or you can't get to it," says Atlanta-based interior designer Mallory Mathison.

Many of her clients struggle with insufficient closet space for storing items that are only used for a few months each year.

Here, Mathison and interior designers Brian Patrick Flynn and Molly Luetkemeyer offer advice on creatively storing off-season items in ways that maximize every inch of space and make it easy to retrieve what you need.

Find double-duty furniture

All three designers love furniture that offers hidden storage. A bench with storage space inside is perfect for boots, and bins containing scarves, gloves and hats.

Or add a large coffee table/ottoman combination to your living room: "They're an easy way to sneak a bit more seasonal storage into a room, without having to add extra closet space or add pricey, big-ticket furniture pieces," says Flynn, founder of the design website decordemon.com. "You can find a ton of storage-ottoman-coffee tables on websites like overstock.com or hayneedle.com."

For families with pets, Flynn suggests creating a sleeping space for a small dog or cat that doubles as seasonal storage. "To do this, I take a flea-market dresser, usually a highboy with four to six drawers, then remove the bottom two for use as an open lounge space for pets, complete with a removable cushion," he says. Use the remaining drawers above for seasonal items like off-season clothing.

Maximize under-bed spaces

Many people use the space under their master bed for seasonal storage. Luetkemeyer suggests doing the same with every bed in the house.

Tuck clear plastic bins under children's beds (and a guest bed, if you have one), labeling each one clearly.

You can rotate items in and out of these bins during the year — one holding swimsuits all winter might hold sweaters in summer. If you know that all under-bed space is designated for seasonal items, it will be easier to track down the once-a-year items you're seeking.

Also, see whether any sofas or other large pieces of furniture might have room underneath for flat storage bins.

Try creative carpentry

Mathison suggests having built-in cabinets added along the walls on both sides of your bed.

Creating this architectural niche for your bed "is totally cozy, and it also creates great concealed and/or open storage," she says.

Another built-in option: If your kitchen cabinets don't go all the way to the ceiling, add extra closed storage on top for seasonal serving dishes and table linens. Or have a row of very shallow shelves (no more than three or four inches deep) added to one wall of your kitchen or pantry. You can prop up dishware or serving pieces you rarely use, creatively storing them while adding some beauty to your walls.

Also, search your home for bits of square-footage that aren't being used, such as a crawl space under a staircase. Hire a handyman to add a small door and turn that empty space into a cabinet.

Consider changing your kitchen seating: Swap out chairs for built-in benches with hidden storage, then hide rarely-used items there.

Get hooked

"Seasonal things that inspire you should be left out as much as possible," Flynn says. "I use a ton of wall hooks in my spaces, mostly to be able to hang up favourite pieces of clothing which add decorative flair to a room."

In a bedroom, a cluster of favourite flannel shirts can look great on decorative hooks, and the same goes for winter jackets. In summer, hang your favourite T-shirts or swimsuits on those same hooks while the winter items are put away.

This works well in kids' rooms and nurseries, helping ensure that kids wear their cutest pieces before the season ends and they grow out of them.

Quoted

"We spend a ton of money on our cars and have garages built for them, right? Well, we spend just as much on our wardrobes, so why not invest in a space to store that investment?"

Interior designer Brian Patrick Flynn

Use closets well

Maximize closet space by adding shelves up high if there aren't any, then keep a small step-ladder in the closet for accessing high items, Luetkemeyer says. Add inexpensive, battery-powered lights to dim closets, and increase shelf space by adding a row of canvas hanging shelves.

In a guest room closet, if you have one, Mathison suggests using two rows of hanging canvas shelves — one filled with items your guest may need, such as extra towels and soap, and the other left empty so your guest can put out some of the clothes they brought. Then use the rest of the closet for your seasonal things.

It will be clear to the guest what space is theirs and what isn't.

If winter items are hung in a closet, Flynn opts for "thick wooden hangers or sculptural modern aluminum hangers to keep the structural integrity of coats or heavy pants." For lighter summer items, Luetkemeyer recommends slim, foam-covered hangers that take up less space and won't let items like camisoles slip off.

Roll out the racks

Mathison suggests keeping seasonal things like coats in clear plastic garment bags on rolling racks in a basement or attic.

They'll stay clean, and when it's time to swap them with the opposite season's items in your main closets, having items grouped in garment bags will make it simpler to transport them quickly back and forth.

Rolling garment racks are easy to find and affordable, but it's important to choose good quality ones so they don't bend under the weight of winter clothing.

Pare down

Luetkemeyer points out that the change of season is a great time to identify items you don't use and get rid of them.

Consider donating sheets or blankets you rarely use to a charity or shelter. Do the same with bulky winter coats and sweaters. You'll save space for seasonal items, and also embrace the meaning of the holiday season. THE ASSOCIATED PRESS

A seasonal storage space and a sleeping space for pets created out of a piece of furniture by designer Brian Patrick Flynn. Flynn takes a used dresser from a flea market — often a highboy with four or six drawers — then removes the bottom two drawers to create an open lounge space for pets complete with a removable cushion and then uses the drawers for storing seasonal items. THE ASSOCIATED PRESS

In this new insider real-estate series, the four owner-operators of Conservatory Group — Libfeld brothers Sheldon, Mark, Jay and Corey — will share their first-person insights on the housing market in the Greater Toronto Area. The Markham-based, family-owned company has been building homes for Torontonians for more than 50 years.

Making your vision a reality

Transform your house into a home with the right decor

COREY **LIBFELD**

Over the past few weeks, my brothers Sheldon, Mark, and Jay have shared important information with you about "the real state of real estate" — current market conditions, what to think about when looking for a new home, where to live and what makes a community a special place. While they focused on the outside aspects of the home, my niche of expertise as the Conservatory Group's decor and lifestyle expert is your ***interior*** living space and the quality of life ***inside*** your new home. Generally, as much as 50 per cent of life is spent at home and so, your home should be designed to accommodate your specific needs and lifestyle.

That's why the Conservatory Group's Home Decor Centre was designed — an innovative, leading-edge design showcase with its own proprietary software that has revolutionized the new-home interior decor business. And if you buy from us, it will definitely enhance your buyer experience. Before even opening the doors of the centre, I spent many hours touring various design centres with my late father, Teddy Libfeld. Always the visionary, he saw the need for a place where our customers could come to make their new house a home. My brothers and I expanded on this idea, and now we are the proud owners of a multi-award-winning 15,000-sq.-ft. oasis of design excellence, where you can see, touch and pick from thousands of choices in flooring, cabinetry and appliances, just to name a few. After browsing our one-stop-shopping showcase, you can put your own signature on your living space.

Last year, our Decor Centre was ranked as the best in the province by the Ontario Home Builders' Association — the second time since we first opened our doors. What sets us apart is our proprietary software, which gives customers unprecedented power in understanding their options, selections and costs. As well, we have always featured name-brand products and services at every price point. Furthermore, all the products available at our Decor Centre and installed by us in your new home are automatically covered by the industry-standard builder warranty backed by Tarion. Therefore, you'll not only get superior products and top-notch services but also peace of mind.

Considerable time and effort are dedicated to the finishes and furnishings of model homes in every Conservatory Group community, so you can visualize exactly what you are buying. There's nothing better than walking through a model home and seeing how a designer has finished it. We have fully furnished models in our Conservatory Group communities — Dunvegan (Richmond Hill), Trinity Village (Brampton), Port Union Village (Scarborough), Carruther's Creek (Ajax) and Upper Beach (The Beach). Our high-rise portfolio includes furnished models in both of our towers — Altitude (Scarborough) and Infinity (downtown Toronto).

Before you decide on decor specifics, the first step should be to establish your budget to determine your lists of "needs" and "wants." This ensures that your hard-earned dollars are apportioned specifically to quality finishes you need, those that will stand the test of time and those that will enhance the value of your property.

Greg Packek

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Corey Libfeld is a co-partner of the Conservatory Group.

This is the fifth of a six-part series. Look for the next column on Thursday, November 22.

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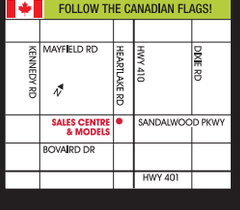

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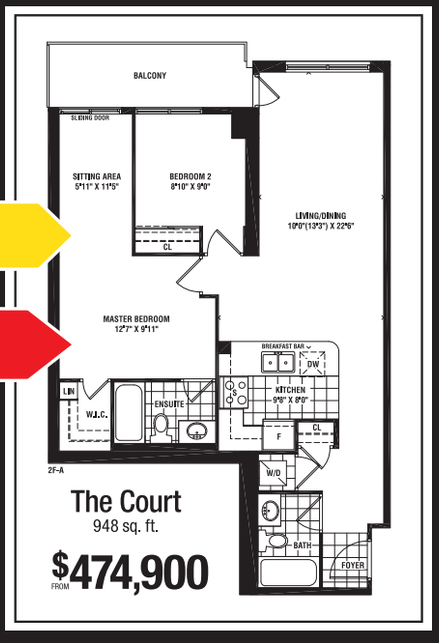

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Time is now: Jays suddenly a big fish

Moving up. Deal makes Toronto a contender in ultra-competitive AL East

Pending physicals, Mark Buehrle, left, Jose Reyes, centre, and Josh Johnson will be Blue Jays after Tuesday night's blockbuster trade. THE ASSOCIATED PRESS FILE

Toronto Blue Jays general manager Alex Anthopoulos made it clear when the season ended that addressing his team's starting pitching needs would be a top off-season priority.

He delivered on that plan and dramatically changed the look of the franchise with one of the biggest trades in team history.

The deal between the Blue Jays and Miami Marlins won't get final approval until the players pass physicals. When that happens, Toronto will immediately be considered a contender for the first time since capturing back-to-back World Series titles in 1992 and 1993.

According to various reports, right-hander Josh Johnson, left-hander Mark Buehrle and all-star shortstop Jose Reyes are heading north along with infielder Emilio Bonifacio and catcher John Buck.

Shortstop Yunel Escobar is Miami-bound along with infielder Adeiny Hechavarria, right-hander Henderson Alvarez, catcher Jeff Mathis and prospects Anthony DeSclafani, Justin Nicolino and Jake Marisnick.

"It's still got to bear fruit on the field," said Cary Kaplan, president of Mississauga-based sports-management company Cosmos Sports. "But I think people feel very happy today — those that are Blue Jays fans — and I think there are people on the fence that will move to the other side."

Johnson, Buehrle and Brandon Morrow provide a deep 1-2-3 punch in the starting rotation. Reyes is a big step up from Escobar, Bonifacio should fill a hole at second base and Buck gives the team an experienced hand behind the plate.

Toronto didn't give up too much from its current roster to make the deal. In Escobar, the Marlins get a mediocre shortstop who fell out of favour in Toronto after writing an anti-gay slur in Spanish on his eyeblack stickers.

Mathis was a decent backup and Alvarez posted middling numbers in 2012, but he could be a stud down the line.

The prospect price was heavy as Hechavarria could develop into a star. DeSclafani, Nicolino and Marisnick also have plenty of potential.

But after years of playing with an eye to the future, this deal appears to show that the Blue Jays' time is now.

The new additions make the club much deeper, but they don't come cheap.

Johnson is owed $13.75 million US next season, Reyes has $96 million left on a deal expiring in 2018 and Buehrle has $52 million remaining on a deal expiring in 2015.

THE CANADIAN PRESS/
THE ASSOCIATED PRESS

Quoted

"Everybody in the world wants to talk about the Marlins and the fact they're now a triple-A team."

Miami city commissioner Marc Sarnoff. The attendance-challenged Marlins have antagonized fans yet again by deciding a low-budget team is good enough for their new ballpark.

Clubhouse questions

Pressure on to land new skipper

After John Farrell's embarrassing exit last month — jumping ship partway through his contract to pursue his "dream job" in Boston — Blue Jays general manager Alex Anthopoulos is under considerable pressure to find a long-term solution to the club's manager problem while also engaging in his most important off-season in Toronto.

The 35-year-old says he has entered the "final stages" of his manager search, which is expected to be resolved before baseball's winter meetings open on Dec. 3.

Speculation swirled Wednesday that the Jays would now go after veteran managerial greats like Tony La Russa, Joe Torre, Lou Piniella or Bobby Cox — all of whom have recently retired or taken jobs with Major League Baseball's head office — to lead their newly contending club.

Anthopoulos has declined to publicly name his shortlist of candidates

TORSTAR NEWS SERVICE

Blue Jays GM Alex Anthopoulos
TORSTAR NEWS SERVICE FILE

How things change in Toronto

A look at five other blockbuster trades from the Jays' past:

TORSTAR NEWS SERVICE

Photos by Getty Images

December 1990

The Jays acquired Roberto Alomar and Joe Carter from San Diego while saying goodbye to Tony Fernandez and Fred McGriff. Alomar and Carter were arguably the most important players in the Jays' World Series titles in 1992 and '93.

November 1996

The Jays completed what was then the largest trade in club history in a nine-player deal with Pittsburgh, acquiring left-hander Dan Plesac, pictured, along with Carlos Garcia and Orlando Merced for six mostly minor-league players.

February 1999

The Jays traded their two-time Cy Young winner Roger Clemens to the New York Yankees for lefty David Wells, reliever Graeme Lloyd and infielder Homer Bush.

December 2009

Rookie GM Alex Anthopoulos was tested early in dealing Roy Halladay. Halladay's trade demands limited Anthopoulos to dealing with Philadelphia, but he was still able to get top prospects Travis d'Arnaud, Kyle Drabek and Michael Taylor.

December 2010

The next off-season, Anthopoulos dealt Opening Day starter Shaun Marcum to Milwaukee in exchange for Canadian third-base prospect Brett Lawrie, who figures to be a cornerstone of the franchise for years to come.

Toronto's Chad Owens hauls in a pass during practice at the Rogers Centre on Wednesday. The Argonauts will battle the Alouettes in the CFL's Eastern final. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Argos' cup dreams rest with Owens

CFL playoffs. Toronto receiver says payback not a factor ahead of clash with his former team in Montreal

In 2010, the Montreal Alouettes basically gave Chad Owens away to the Toronto Argonauts following a contract dispute.

On Sunday, he has a chance to play a deciding role in getting the Argos into the Grey Cup with another big game against the team that discarded him.

Owens insists there are no hard feelings but if quarterback Ricky Ray's season-long favourite target is on his game, he has the ability to make Montreal once again regret trading him to Toronto.

His 59-yard return for a TD against Edmonton last Sunday in the division semifinal was the kind of game-changing play that Owens is very capable of producing in the Eastern final at Olympic Stadium, coach Scott Milanovich says.

"Chad's a gamer. He understands the stage," Milanovich said.

On the other hand, Montreal's Eastern all-star quarterback Anthony Calvillo also has more than a couple of game changers to throw to, namely a now healthy J.S. Green and speedy Jamel Richardson. Had he not been injured, Green would have challenged Owens for top spot among CFL receivers and Richardson, last season's leading pass catcher, has once again become a Calvillo target after a mediocre first half.

Despite being sidelined for several matches, Richardson and Green each had more than 1,000 yards. Both present bigger deep threats than Owens as Toronto's top ball catcher is far more dangerous catching quick shorter passes from Ray and then using his speed to generate big yardage. Owens only scored six TDs, two in one game against the Alouettes, but his catches often set up Toronto scores.

It was in Montreal on July 27 where some CFL observers believe Owens really began his journey en route to becoming the CFL's leading pass catcher for 2012.

He caught seven passes for nearly 100 yards — all in the first half as he and Ray suddenly discovered magic between them — before a crushing hit by Kyries Hebert nearly knocked him out of the game. He didn't catch another pass but his two touchdowns led Toronto to a 23-20 victory.

TORSTAR NEWS SERVICE

Als injury update

Montreal safety Kyries Hebert suffered a minor ankle sprain during Wednesday's practice but says he will be ready on Sunday.

- **Backfield** running back Victor Anderson (concussion) practised Wednesday but won't play on Sunday.
- **Others.** Linebacker Rod Davis (foot) is out for the rest of the playoffs. Defensive end Aaron Lavarias (concussion) is expected to see his first action for the Als' injury-plagued defensive line.

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Lockout. NHL, NHLPA have 'no plans to meet'

Now the NHL and the locked-out players' association aren't even talking by phone.

With the lockout entering its third month, communications between the fighting sides have come to a halt with no clear sign of what the next step will be or when it will be taken.

"No, we have not communicated today," NHL deputy commissioner Bill Daly told The Associated Press on Wednesday in an email. "No meetings scheduled, and no plans to meet."

After four straight days of negotiations in New York last week, talks broke off angrily Friday night. Discussions resumed on Sunday, solely regarding player contract terms, but that meeting ended after only 90 minutes.

Daly says that no decisions have been made to call off any more games. THE ASSOCIATED PRESS

Games lost

So far, 327 games — all those scheduled through Nov. 30 and the New Year's Day outdoor Winter Classic — have been cancelled by the NHL.

Olympics

COC doubles up on financial support

The Canadian Olympic Committee will be almost doubling its financial support for Olympic sports over the next four years with an injection of about $100 million, president Marcel Aubut said Wednesday.

Ottawa has also promised to keep its funding for Olympic sport intact, he said.

The $100 million will go to support both summer and winter events as well as to prepare for the 2015 Pan American Games in Toronto.

It represents an injection of close to $50 million in new money, Aubut said. THE CANADIAN PRESS

Little sizzle before the fireworks at UFC 154

UFC. Bookmakers have Georges St-Pierre as a 3-1 favourite to beat Carlos Condit in Montreal event

Georges St-Pierre, left, squares off with Carlos Condit following a press conference in Montreal on Wednesday ahead of their UFC 154 title fight on Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

The two rivals sat on stage flanked by their championship belts. But fans hoping for fireworks between Georges St-Pierre and Carlos (Natural Born Killer) Condit will have to wait for Saturday night in the cage.

On Wednesday, all the two welterweights did was look good and try to kill their opponent with kindness at the UFC 154 news conference in Montreal.

Condit called St-Pierre "a benchmark" of mixed martial arts.

"I'm honoured to have the chance to compete against Georges," said the 28-year-old native of Albuquerque, N.M., who admits to weeping when offered the bout. "He is someone I've admired as a fighter for a long time. But he's where I want to be, he's the top guy in the sport, top guy in the division. He has cemented a legacy as the best welterweight in the world and that's what I want.

"So all admiration aside, I'm coming to take that from him."

St-Pierre, who has been sidelined for 18 months due to reconstructive knee surgery, says Condit is the ultimate test in his comeback.

"I have something to prove to myself," said the 31-year-old Montreal native.

"I want to prove to myself that I'm still the best guy in the world and I believe the best guy right now is Carlos." THE CANADIAN PRESS

Bills' slim playoff hopes on the line in prime time

Bills QB Ryan Fitzpatrick after throwing an interception vs. New England on Sunday. THE ASSOCIATED PRESS

The Miami Dolphins were the team featured on Hard Knocks last summer. Funny, the Buffalo Bills haven't needed a TV series title to define their past 12 seasons.

This year in Buffalo so far has been no different. Defying the high pre-season expectations, the Bills have bumbled their way into an all-too-familiar position of challenging to be the AFC East's least for a fifth consecutive season.

That's right, it's the same spot supposedly reserved for the Dolphins after their shortcomings were exposed to HBO's national cable audience.

Bills linebacker Nick Barnett wasn't paying attention then. And he couldn't care less about the projections now.

"I don't make money judging expectations and things like that," Barnett said, before turning his attention to the state of the Bills. "I think in this locker-room, we would definitely not have foreseen us being in this predicament and the record we have."

Quoted

"It only takes a spark to start a fire, and that spark is winning one football game."

Bills defensive tackle Kyle Williams

The Bills (3-6), with the off-season addition of high-priced defensive end Mario Williams, weren't supposed to be this bad. And the Dolphins (4-5), with rookie coach Joe Philbin, rookie quarterback Ryan Tannehill and many holes to fill, weren't supposed to be this good.

Jim Kelly versus Dan Marino this is not. But on Thursday night, the prime-time lights will once again shine on these two longtime division rivals in a game in Orchard Park, N.Y., that will determine who stays in the post-season picture for at least another week.

The Bills haven't given up hope, despite a 1-5 stretch that's put them in serious jeopardy of missing the playoffs for a 13th consecutive season, the longest current streak in the NFL.

"If we win one, I think guys feel good about making a run here at the end of the year," said defensive tackle Kyle Williams. THE ASSOCIATED PRESS

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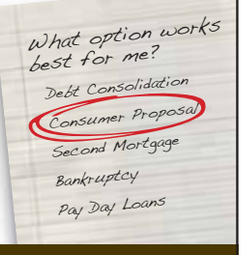

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Horoscopes

♈ Aries
March 21 - April 20
If you allow yourself to get angry, it will distort your judgment and you will make a mistake. Then you'll be angrier than before. Remember: There is a reason for everything that happens in life, even the "bad" things.

♉ Taurus
April 21 - May 21
It may seem as if someone you have feelings for is trying to avoid you, but most likely it is your imagination playing tricks. Give them the space they seem to need, and soon they'll be back at your side.

♊ Gemini
May 22 - June 21
The more others try to push you in directions you don't want to go, the more you must resist. Also, be careful when exerting yourself physically. The Sun in the wellbeing area of your chart warns you to put your health first.

♋ Cancer
June 22 - July 23
You have been too soft with someone who has been taking liberties and now you must go to the other extreme and come down on them hard. If you let things continue as they are, chaos will be the result.

♌ Leo
July 24 - Aug. 23
You sense that something big is about to happen, something that will change your life for the better. As usual, your instincts are spot on. So, keep your eyes and ears open and be ready to act.

♍ Virgo
Aug. 24 - Sept. 23
You seem to have rather a lot to say for yourself at the moment, and that's fine. But watch out that you don't say too much over the next 24 hours or you could find you have given up your advantage. Knowledge is power.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if you are losing something valuable, and maybe you are, but there is no point worrying about it. The planets indicate what you have to give up now will be replaced by something much better very soon.

♏ Scorpio
Oct. 24 - Nov. 22
You will be under a lot of pressure today and tomorrow as several issues come to a head at the same time. You will find ways to stay on top of them but schedule yourself a restful weekend. You'll need it!

♐ Sagittarius
Nov. 23 - Dec. 21
For some reason, you are worked up about something that, nine times out of ten, would not worry you. Remind yourself it is of no great importance. In a matter of hours, it will be forgotten.

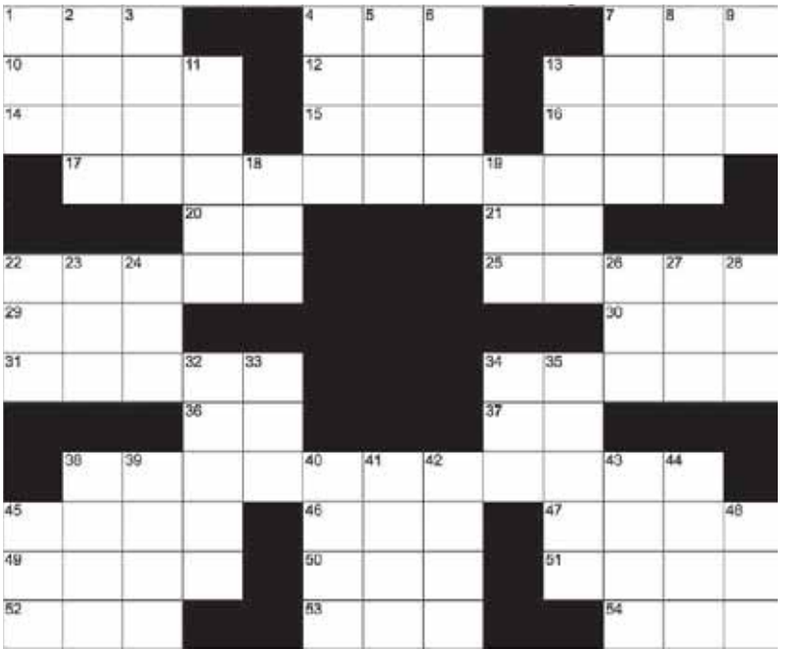
♑ Capricorn
Dec. 22 - Jan. 20
Steer clear of a friend's personal affairs today. The planets warn that if you allow yourself to get involved, you will find it almost impossible to get out again. And you'll end up getting most of the blame.

♒ Aquarius
Jan. 21 - Feb. 19
If your reputation is important to you then you will have to defend it today. It seems that someone is determined to undermine your authority and you cannot afford to let that happen. Take the battle to them.

♓ Pisces
Feb. 20 - March 20
You may think you can get away with anything at the moment but Saturn, the great taskmaster of the zodiac, says otherwise. Think things through carefully before you act and, if in doubt, don't act at all. SALLY BROMPTON

Canadian Crossword

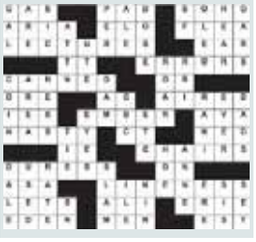
BY BETTY MARTIN



Across
1. Roseanne's hubby
4. Cooking utensil
7. Healthy
10. The Bold —
12. Pitcher's stat.
13. Family group
14. Break in two
15. Salt (Fr.)
16. Rave's partner
17. Noblemen
20. Deal or – Deal
21. Bible pt.
22. Mended a skirt
25. Dogma
29. Past due
30. Island (Fr.)
31. Bad neighbourhood
34. That Don't Impress Me Much! singer
36. Model Railroad gauge
37. Midwestern state
38. Helmut wearing transports
45. Bird of peace
46. Schnozz ending
47. After midnight
49. — to Avonlea
50. Days of — Lives
51. Nova
52. Fashion designer (abbr.)
53. Mad —
54. Avenues

Down
1. — and don'ts
2. Siam woman
3. Close by
4. Fly or hornet
5. Chocolate layer cookie
6. Bath powder
7. Level
8. Ziering and McShane
9. Dynamite (abbr.)
11. Quill
13. Large wooden box
18. Grass
19. Go bad
22. Distress signal
23. Farmyard animal
24. Tiny
26. Actress Vardalos
27. Ed role for Daryl Mitchell
28. Countdown number
32. Adored
33. Greeting: — hoo
34. Spasm
35. Room dividers
38. Cows comments
39. Egg shape
40. — 222
41. Popular board game
42. Kitten's plaything
43. Food networks, Good —
44. Immediately, in the ER
45. Arid
48. Vocalized pauses

Yesterday's Crossword



What's online

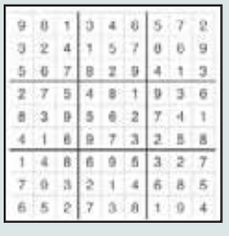
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		5		4		8	
4			8		9			1
	3			7			6	
		9				6		
6	2						3	7
		3				4		
	7			5			2	
8			2		6			3
	6		3		7		5	

Yesterday's Sudoku



Today
7°/-2°
Partly cloudy
Friday
8°/1°
Sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
TWN incorporates MSC data

Share your HALLS. Not your cough.
TRIPLE SOOTHING ACTION HALLS TWIST TO OPEN!
HALLS
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CITY: **7.1**L/100 KM

Limited model shown

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CITY: **7.8**L/100 KM

SE with Tech. shown

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DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

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HWY: **5.6**L/100 KM
CITY: **8.7**L/100 KM

Limited model shown

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SONATA GL AUTO.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

★★★★★
AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING*
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HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM

Limited model shown

2013 SANTA FE

GET UP TO

$1,150 IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE **$27,245♦**

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DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

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